Clothed with the Sun

Autumn 1984 Volume 4 Number 3

The Breast Rights of Women

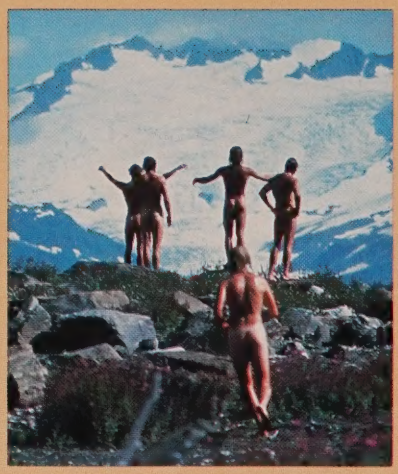
Underwater Birthing and Dr. Odent

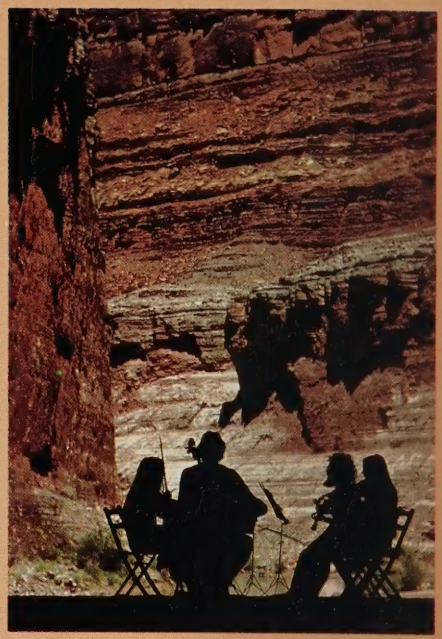
Wither Lust?

The Genitality of Christ

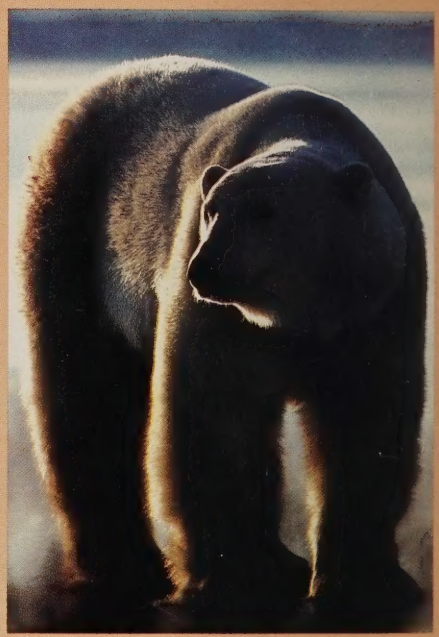
Nudity & the Law

UPDATES: The Caribbean, Central & South America





Adventure is just a five-letter word



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Morley Schloss

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CLOTHED WITH THE SUN

The Quarterly Journal of Clothes-Optional Living

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NATURAL BIRTH, BREAST RIGHTS, BREASTFEEDING,

NATURAL LAW, SEXUALITY & LUST

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Cover photo: A British mother's milk provides 50% of her daughter's nutrition at age four, see story. *Nikki Craft*

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TRENDS

Customary Nudity & Cautionary Signs

In all of the United States, recreational social nudiy is *tolerated* in many appropriately secluded or remote sites. Nowhere at all is it *designated* for, except by the owners in certain private sites.

Where this nudity is tolerated in public federal, state, country or municipal lands, it has a *de facto* if not a *de jure* legality. That means it is *accepted* by law enforcement in fact if not by law-making.

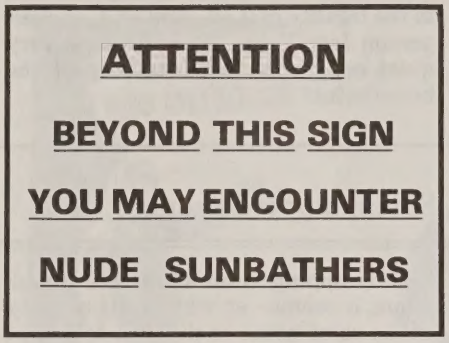
Where recreational social nudity has in fact become the custom it enjoys a certain protective shield of community acceptance. This is, however, a fragile protection. It can be, and has been, overridden—by fear mongers who claim that the nudity is a moral and social menace, and by strict legal constructionists who abet the fear mongers by pointing out that the entrenched custom of social nudity has no *de jure* standing.

Because of an abiding fear of moralizing get-out-the-voters which public officeholders seem to share, our public officials in the United States seem to be universally reluctant to "be the first to designate" for nudity on public land, however customarily so used.

This presents nude beachers with a recurrent dilemma. How to take the step beyond *de facto* status for a favorite traditional nude beach? How can that beach be given some additional protection against an arbitrary attack on its customary use?

Here, the example of the State of Oregon's *cautionary signs* becomes paramount. Oregon, also, has not designated anywhere to protect customary nude use. But it has taken a step beyond the *de facto* toleration which flowed from the fact that the state has deliberately omitted to have any law on its books prohibiting mere nudity as such.

The sign reproduced here merely cautions those persons who might otherwise unwittingly walk into a nude-use



A caution sign at Rooster Rock, OR.

area and be surprised or shocked. It does not designate.

A second Oregon sign (reproduced on the last page of the *World Guide to Nude Beaches*) reads: "Attention. You are leaving the nude sunbathing area. All visitors must be adequately clothed beyond this point." It too merely admonishes, without *de jure* power.

Virtually any recreation area where social nudity has been tolerated could have such cautionary signs erected by an administrative decision—as in Oregon. All it really takes is a proposal, plus sufficient support and/or tolerance in the community so that the administrator who must decide will feel quite comfortable that the *conservative, cautionary* nature of the action will not be misinterpreted.

You may wish to bring this often-overlooked option to the attention of the appropriate administrative personnel.

A Precedent in Canada

The National Capital Commission of Canada in June *designated* a site in Gatineau Park north of Ottawa (but officially in Quebec province) for nude sunbathing. The area is at the secluded, traditionally nude Carbide-Wilson mill, and it has a cautionary sign along the access: "You may encounter nudists in this area."

The NCC posted signs to keep sunbathers near the mill and away from nearby Meech Lake: "No person shall use this part of the Gatineau Park unless he is using a bathing suit as minimum attire." The Royal Mounties impose fines for nudity outside of the designated nude area.

Reportedly the NCC was reluctant to act. But it had a precedent for official designation at Lac St. Jean. Meech Lake residents, through the West Hull Council, sought to stop the spread of nudity at Meech Lake itself. Quebec's attorney general and the police were tolerant. The Quebec Naturist Federation lobbied for the designation. And so it was done, on the assumption the public was ready for officially recognized nudity.

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CANADA

TRENDS

The Canadian Federal caution sign.

Many Meech Lake and Ottawa residents are considering nude sunbathing for themselves now that it is deemed legal, according to the *Ottawa Citizen.*

By summer's end, the old mill site was popular with newcomers basking in the legality of it all. Said NCC spokesperson Jean Valin, "Everything is very quiet and people seem to respect the boundaries."

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Skinnydipper Product

Skinnydipping is an attractive brand-name, it seems—so why is the activity of the same name so difficult to accept in the USA?

Skinny Dippers, "the cookie sticks you dip in chocolate flavored creme," have made their debut in selected markets. *(See photo.)* This junk food came to us via a New York firm (Meiji Seika) from Japan. Its natural name is belied by contents such as monoglyceride, fully hydrogenated soybean oil . . .

Skinny Dip is not to be confused with Skinny Dippers. Skinny Dip, an ice cream-like franchise desert from Tulsa, is just 92 calories per four-ounce serving compared with 275 calories for ice cream—hence the name. A milk-based powder sweetened slightly with sucrose is mixed with water and various flavorings and colorings, then served from a "soft ice cream" type machine. It's been popular in Texas with weight-watchers and people turned off sugar.

It's nice to be able to eat it if you can't do it. But aren't the priorities wrong somewhere?

New product. Eat but don't do?

Miss America Undone

The expressions of proper shock over Vanessa Williams' nude photographs in *Penthouse* were telltale. Williams was of course gulled into performing male-fantasy lurid poses and not liberated to body acceptance, which makes of the episode a peepshow, not a breakthrough to the other side as Jim Morrison of The Doors urged.

As Miss Black America Sonya Robinson commented: "It's kind of funny, because the main emphasis in the Miss America pageant is on the swimsuit part, anyway." To Robinson it appeared that "the bottom line is money" and Miss America pageant operators were taking no chances on losing corporate advertisers. Williams' privacy was invaded by the pageant sponsors and "to me it seems prudish. I don't think she's done anything wrong. I would not relinquish the crown. I certainly would test it."

The *New York Times*, which earlier

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TRENDS

treated Williams' selection as Miss America as a vindication of the pageant's role in the nation, belatedly discovered the pageant was "on a continuum" with *Penthouse*. The New York Daily *News* went further: "The pageant is in the same business as Guccione, showing off pretty girls for money."

Columnist Ellen Goodman had it in her cross-hairs: "The elaborate commercial venture called the Miss America Pageant is perhaps the last vestige, the social appendix of an era when women had only one virtue to sell: sexual promise titillated by purity . . . A beauty contest displays a woman solely as a body; a pornographer subdivides that body into its parts. Both make their subject into an object . . . Vanessa Williams made at least two mistakes: posing for the photographer and posing for the pageant."

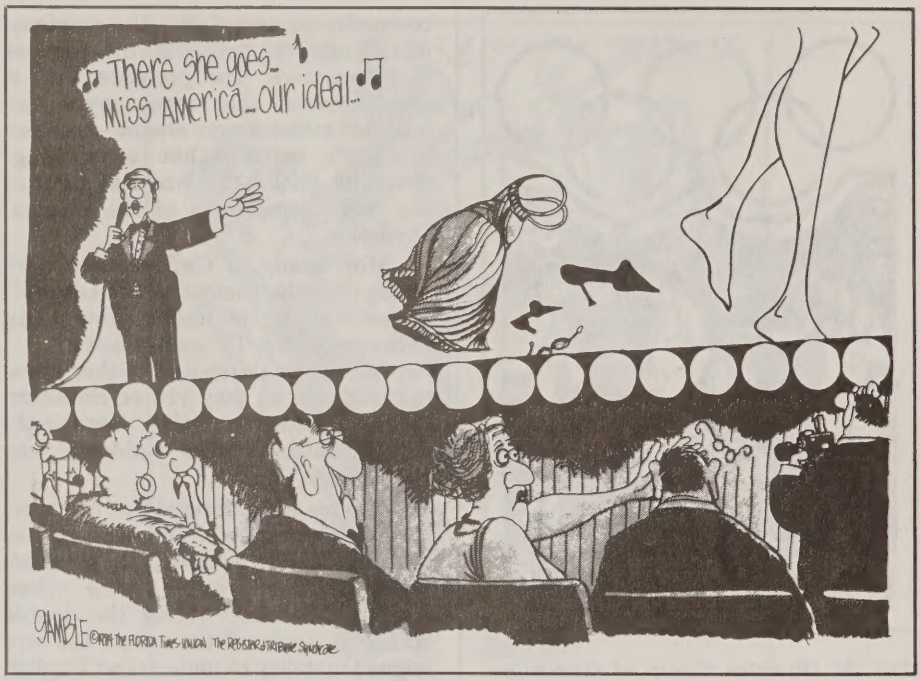
People seem to understand the unconvincing character of the pageant's claim to moral purity. For instance, KNBC-TV of Los Angeles conducted a phone-in poll of viewers. The 17,000 callers were 63 percent in favor of Williams retaining her title.

This also suggests a greater acceptance of nudity in our nation's heroes and heroines than the arbiters of our customs acknowledge.

From the pageant, or *Penthouse*, to naturist values is a leap that isn't understood by those who only jockey for position within the Great Closet of American conventions. But the number of those who find the Miss America spectacle both silly and exploitive grows each year.

Twenty years ago, it looked like institutions such as this pageant weren't long for survival. They came back strongly, but with vulnerability to exposures of their untimeliness, such as the '84 revelations. Can we expect that the end of such institutions, when it comes, will be astonishingly swift? Evidence suggests it.

Preparation of a sturdy alternative culture is the project of our time.



TRENDS

The '84 Olympics Stamp of Greece: unashamed of ancient nudity.

The Un-Olympics

So much about the Olympics was off-putting. The saturation corporate sponsorships, including Twinkies! The gloating, materialistic chauvinism—"Go for the gold" began to make the competitions sound like the precious-metals market. And with this, the loss of perspective. The pretense that it didn't matter that many great and qualified athletes were absent—and that it didn't matter that a clothing-obsessive civilization had lost sight of the body acceptance of the original Olympics.

How many of *CwS* readers were aware that the ancient Greek Olympic games were in the nude?! How many followers of the TV games knew?

Many female visitors either knew the tradition as they visited Southern California beaches, or they unwittingly paid tribute. Topless suddenly was everywhere.

"Police have decided not to arrest European women who are going topless on Santa Monica beaches," the press announced. The trouble came when American women, noting the double standard, took off their tops too and feigned inability to understand English when told to cover up. "Taking advantage of the relaxed rules," the police called it.

Hypocrisy and body shame, both. How can you respect these so-called authorities, who know nothing but to enforce conformity to unreasoned convention? America needs leadership and self-reliant, mutually respected citizens; it does not need corporate connivers and condescending public servants.

THE OLYMPICS THAT WENT FOR THE GOLD. And imposed nationalistic symbolism all over the beauty of the bodies trained to express the perfection of nature. Suppose the bodies had been permitted the option of nudity and the enhancement of body-paint?

HOLIDAY GIFT IDEAS

See the back cover for excellent ideas for favorite people on your holiday gift list. Also consider gift membership or an introductory $15 sub to Clothed with the Sun! *THE NATURIST SOCIETY.*

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FIEND! THIS DESERT'S NOT ZONED FOR PUBLIC NUDITY!
12-16

LETTERS

Caribbean Steerage

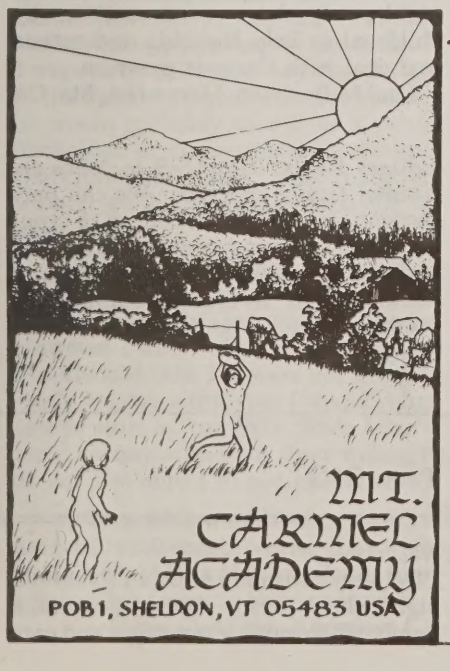
Naturists:
Thanks to you all for the *World Guide.* The first edition provided an incredible trip through the Caribbean Islands; and the second edition made a wonderful Christmas present from my boyfriend, soon-to-be-husband!

We went on a regular cruise ship, the S.S. Vollendam. Using the *Guide,* we simply decided to hit a nude beach everywhere in the islands we docked. We visited Jumbaie Bay at St. John, Club Med on Martinique (not recommended), Club Orient on St. Martin, and Long Bay on Barbados—my fondest memory of the whole trip, kind of a fantasy land, deserted except for one other couple about a mile away. Club Orient was very friendly and beautiful, with great facilities . . . fun t-shirts to take home—and when I wore mine, we discovered that the ship's doctor also had been to Club Orient!

Thanks again for so much help in introducing us to a lifestyle which Keith and I are really coming to love.

—Beth Glatt, Silver Spring, MD

"Looks like a modern beach scene, except for the snake, the trees, and the guilt."



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LETTERS

Body Adornment/Body Politic

Naturists:
The feature on body painting was really neat. I passed it around to hippie artist friends, who were enthralled both by the context and the novelty of the medium. But I must admit this gets to feel a bit self-indulgently decadent, as the world totters towards destruction. What to do? Beats me. My energy level is at a low ebb. I don't know if it's mid-life crisis or passing ennui.

I haven't even gotten to Moonstone this summer! I do know that I'm sick of being a wage-slave and itching to get free to do what I want to do with the rest of my limited time.
—Dave Beauvais, Amherst, MA

What To Do While Nude

Naturists:
When people go to a nude beach, what do they usually do? Not much of anything, other than tossing a ball or frisbee or pulling on a tug-of-war rope. Just what do they do that's so natural? Or at all? Maybe we need a book of instruction: "What To Do While Nude."
—Mike Bennett, Sacramento, CA

Tell All Sides

Naturists:
I have enjoyed reading *CwS* these past two years. I appreciate your fairness and willingness to present every side to the issues—regardless of how controversial or touchy they become. I believe that that is what freedom of the press is all about. I hope that you will continue your unbiased presentation of various views. Although I very often disagree with certain attitudes or opinions of your contributors, I will always agree that to tell any story it is best to tell the complete story. To present any and all sides is the cornerstone of mature journalism.
—William E. Edwards, Daly City, CA

"Now they've done it!"

Provincetown Advocate

Family Oriented

Naturists:
We are very family oriented. I'd like to see more emphasis on family activities in *CwS*. Naturist vacations, trips, activities at home. Our children receive an incredible amount of negative reaction from their peers for skinnydipping. We used to live near an Idaho hot springs where other kids were available to be friends of ours. But here, near Sacramento, the free beaches we've found are along rivers and mostly too dangerous for children.

Although our pool at home is completely private, the kids who used to freely skinnydip are coming one by one to feel they are "too big" for that. This makes *our* kids feel odd! Perhaps you could have a regular page or two for children (perhaps even written by children) to help the kids understand and deal with the peer pressure.
—Paul M Bowman, Citrus Heights, CA

Editors Reply: *This* CwS *includes expanded family concerns. We can only develop in this direction with your help—tell us what you experience, think and feel, as parents or the children of naturists in a clothes-compulsive society. Give us your examples and analyses.*

Teen SIG

Naturists:
I feel very fortunate to be a 17-year-old high school senior who is part of a family where nudity is natural and care

LETTERS

for the environment is paramount.

My parents, younger sister (9) and I have always slept in the buff and sunbathed nude in our backyard. We have all been active in environmental groups, and we started visiting nude beaches five years ago. We don't belong to naturist groups or socialize with other naturists. Or so we thought.

We ran into some Sierra Club acquaintances at the beach recently who in turn showed us several *CwS* issues. Looking through the magazines got me to thinking about how alone I am. You don't see anybody 12-18 in any pictures, just as you don't see anybody those ages at nude beaches. There is lots of talk of families but all the kids are under 6. What is needed—if there are others out there like me—is a Teen SIG.

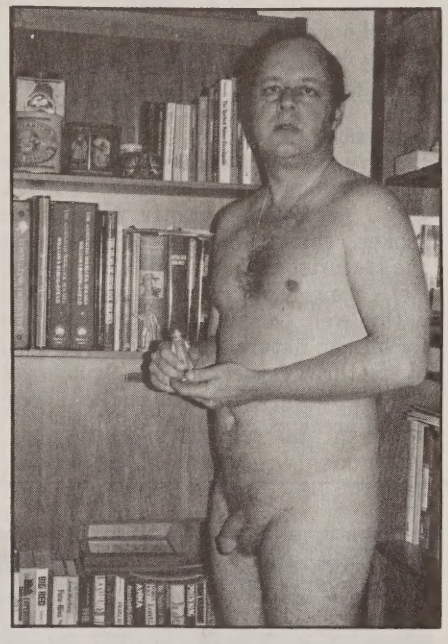
I realize there are two basic problems relating to teen nudity. One is shyness. Teens become very self-conscious about their bodies as they change in adolescence. Many are even bothered by the nudity of the locker room, for fear they don't measure up. The second is sex. While many in society wrongly associate nudity with promiscuous sex, this association is extremely acute in adolescence. One's first sexual fantasies usually center around seeing the opposite sex in the nude. If I were to mention to a boy that I slept in the nude or frequented nude beaches he would probably take it as a sexual invitation, or at very least be aroused. Certainly any "first" coed nude encounter would be sexually arousing for most teens.

I am very lucky that I never went through the shy stage or thought of nudity strictly in sexual terms. However I know of no other teen that experienced this. If I were not going to study in France this year I would volunteer to start a Teen SIG. Since I can't, are there any others out there willing to do so? I'm sure I'm not alone.

A Teen SIG would bring together naturist adolescents—even if only by mail. It could be a platform for encouraging other teens to enjoy naturism.

—Gena Clenfield, Berkeley, CA

Editors Reply: *We'd like to hear from other teens interested in exchanging ideas about the problems facing teens who accept their nudity.*



Sherlock Holmes buff Mike Moritz.

From the Clothes Closet

Naturists:
Joining The Naturist Society in September '83 was my first step in coming out of the clothes-closet. I am taking the second step into the naturist life by writing to you and enclosing a picture.

The next move would be contacts with other naturists. For get-togethers and other programs, I am interested in hearing from people in the St. Louis area. I can be reached at P.O. Box 176, Florissant, Missouri 63033.

I have enjoyed home nudity for most of my 38 years, and while my wife does not share my interest in naturism she is understanding of my involvement. At this point, I would fall into the class of a married single. My hobbies include photography, the study of Sherlock Holmes (the enclosed photo shows some of my Holmes collection), trivia, and collectibles. I have read most back issues of *CwS* and congratulate you on your openness on so many issues. While I do not necessarily agree with your position on every topic, I wholeheartedly support your premise that no idea related to naturism should be taboo to open discussion.

—Mike Moritz, Florissant, MO

No Ifs, &s Or Butts!

Naturists:
Why is there such contradiction in the naturist movement between talk of the natural state and the actions of many participants?

Go to the beach or landed club. You'll find perhaps half of the people smoking, tobacco or pot. None of them remove their residue (butts). They merely stick them in the sand. If the beach is not turned over frequently we are forced to sit in the ashtray of their weeks' accumulation. Litter is taken out more conscientiously than butts.

And what does bodypainting have

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LETTERS

to do with naturalness? Whether it is art, beautiful, grotesque, or aboriginal, it does nothing to enhance our naturalness.

—Harold Short, Los Altos, CA

Editors Reply: *Bodypainting first. We've always stressed clothes-optional, not nudism, as the philosophy. Clothes have valid occasions and uses including adornment. Bodypainting is found in virtually every society including the nudest; it satisfies an appetite for enhancing and/or varying one's natural attributes, without the resort to the fibers and skins of other species! From the bower-bird to the beavers, other species also improve on their unadorned natures. So what's unnatural about the desire for beauty, as long as it doesn't become perverted to legitimize body fear?*

As for the butt-planters, our observation is that far fewer naturists and beachgoers than club nudists smoke. We agree that a beach should not be an ashtray. How about speaking up on the beach for clean habits? Teach a naked acquaintance to field-strip his cancer-stick the next time.

TNS, ASA: Separate Best

Naturists:
I truly appreciated your editorial in the *Bulletin* about National Nude weekend. But I get a little bristly when some "joker" comes out and proposes that the Naturist Society and ASA merge. Both are needed. Both are serving the nation well. Our struggles for freedom for human nature aren't over. We need the Naturist Society and its clout to get clothes-optional areas of public recreational areas established.

Please let ASA have more of your well-written articles—until the Naturists found their own monthly periodical, at least.

—L. Scott, Dallas, TX

LOSING FAITH?

A Debate On the Role of Naturist Publications

Naturists:
We at Mt. Carmel Academy are unanimous in our disgust with the advice found in *CwS* 4.2, p. 36, where Brad "Razorback" Morris informs us of where and how overt sexuality should be practiced at Flat Rock in Arkansas. He even suggests "doing it" while floating on an air mattress.

Sample $3

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Some of the Cunningham Family. *DR Photo*

LETTERS

Suggestions like this have NO PLACE in a naturist publication! We at MCA are about as radically naturist as anyone else, yet when we read that paragraph Maggie voiced our minds: "I'm glad I'm not a naturist!"

Yes indeed, more and more the word "naturist" is giving lots of respectable people a real sour taste in their mouths, even in nudist/naturist circles! What with the free-sex theories and erotic game suggestions of Bob Truett (see *CwS* 3.3, pp.29ff), the Mardi Gras gang-masturbation photo (see *CwS* 2.4, p. 45—or better yet, don't see it!), and the Tits 'n' Ass nonsense (see *CwS* 2.4, pp 52f.), many of us are losing faith in The Naturist Society. We fail to see common-sense tact.

CwS has so much going for it—it could be a really great and influential publication. Remember what they say about one rotten apple?

—Committed to the cause,
JC Cunningham, Maggie Cunningham,
Jane M. Tardiff, Sheldon, VT

Editors Reply: *If you don't like rotten apples, how about letting a thousand flowers bloom? The Naturist Society is not about to ignore phenomena, nor will we curtail discussions, that should get an airing.*

As for reporting in CwS' *columns that they "do it" in the raw and even with company at Flat Rock in Arkansas, we're reporting no less than a daily paper might. You'll note on page one of this magazine that TNS does not necessarily agree with all views expressed herein—or even all facts although under the right conditions making love when clothed only with the sun is a damn fine experience and one that harms none!*

We dislike your characterizations of features and photographs we've carried, but you're entitled to your sharp tongue. You've made attacks on 'naturism' in several periodicals recently, and we feel compelled to reply. Is it only the naturist press which must appear more virtuous than Job's Wife? Even if gaining the appearance of impeccable virtue might cost us the right of open debate? And leave us naked of new approaches to stubborn problems?

Cunningham has cast CwS' *commitment to free and intelligent discusion in the worst light. Still, we're happy to let him have his say. Will Cunningham now entertain, in his* Divine Reflections, *an attack on the Church's anti-abortion and anti-birth-control policies, which are likely to make a living hell of the world of our grandchildren, as they already do for countless unfortunate families today?*

Cunningham seems to suggest that all is well with sexuality in clothist society (and in the nudist clubs). Meanwhile, he views with alarm our sponsorship of open discussion of sexuality. But how else should we act—when we see puritanism and pornography, subtle sexual sell and the hawking of gross sexist sleaze—as structurally inevitable perversions of our natures, wrought by this commercial mass culture; directing us towards a 'choice' which is intolerably narrowed and inherently blind to nature's needs. Similarly the world of a ghettoized nudism—with sexist beauty-contests and backlot swingers as the answers to the need for celebrities, heroes and relationships—deserves a critical analysis. CwS *hopes to provide for the need.*

Clothist society and the Catholic Church appear so paralyzed by fear of the scary issues of sexuality that almost any abuse and inequality is tolerated in preference to thought. These dominant institutions have no earned standing to advise naturists away from fresh critical evaluation of human needs.

Cunningham's appearance in the CwS *is welcome. Indeed we've brought him to a wider audience (he gets none in Catholic publications). We admire his zest, idealism and creativity of thinking, writing and living. His faith in an ancient creed that resists naturist reform seems to us blind—we have more confidence in the process Cunningham has joined than we have in his ideology. Like all of us, in other words, in the socializing process Cunningham is changed, as well as he makes changes, and in this abides the spirit of eternal life.*

When Cunningham suggests that the answers to modern need and potentials were established 2,000 years before his birth, we find this doctrinaire confidence disturbing. To us it is blind faith. In our view, a society and values without precedent are in the making. To cater, at this time, to the lazy clothist and other prejudices of the 'respectable,' is to lose the chance among Catholics or others to inspire the admiration and attention the innovators can rightly command. It loses the right to exercise leadership rather than mere authority.

Doctrinaire solutions and the foreclosing of critical analysis are unacceptable. We should not be so disdaining of the 'respectable' as to believe they cannot think afresh. For blind faith cannot appreciate the fecundity and variety of the flowers in the Garden. Its victims are reduced to sniffing around for rotten apples.

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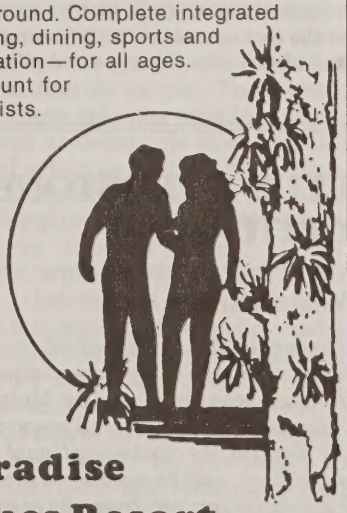

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PROGRESSIVE CLUBS

Residents get the naked truth — their apartment complex is turning into a nudist haven.

Naked reverse!

By KERRY PRICE

Dwellers in a serene and peaceful apartment complex got some skin-crawling news — the owners of the development announced they will turn the place into a haven for nudists.

Those mind-boggling bare facts have infuriated most of the current residents, who vow they will haul the development bosses into court if they try to carry out the nudie project.

But the owners are not intimidated by the threat of court action. They insist they will go through with the conversion, which will allow tenants to roam in the nude in certain public areas of the complex.

Apartment owners tell their residents to strip

"Marketing studies indicate a strong interest in clothing-optional living among many segments of society," declared Peter A. Nutting, president of Corson Financial Corp., the firm managing the conversion of the Houston, Tex., complex.

"Three areas will be created for the clothing-optional complex. Clothing will be required in the perimeter area near the street. It will be optional nearer the center of the property.

"And (clothing) will be prohibited in an inner area that includes the swimming pool and the sauna baths."

Required nudity in the pool area was termed essential to a "clothing-optional community" by Veal Johnson, a vice president of the financial firm, and leader of the Southwest Sunbathers Association.

He said the converted property will be operated as a private club with membership fees, strict rules and a rigid ban on harassment of members.

Current residents who don't want to bare their bodies can elect to live in a special area set aside just for them. They will be charged reduced rates, but they won't have access to the recreation facilities — those areas are for nudies only. But residents opposed to the clothes-optional plan are facing the naked truth — if they move, it will cost them big bucks and they don't like that one bit.

"We're getting ourselves organized to fight this," a steaming-mad medical secretary told The NEWS.

"I have a pretty good body, but I'm not going to be forced to parade around in the nude every time I want to take a dip in the pool.

"When I let someone see me in the buff, it's in the privacy of my home. And I'm pretty damn fussy about who that 'someone' is."

CLUB FIELDSTONE SUFFERED A SETBACK the day it went public. Some carry-over tenants, not accepting the nudity-required status of the core recreation facilities when it was announced to them at a meeting, expressed themselves graphically for the invited press. Articles and photos like this appeared all over the country in Sunday papers.

Weekly World News photo

CLUB FIELDSTONE OBITUARY

Veal Johnson

(Currently the President of the Southwestern Sunbathing Association, Veal Johnson was appointed by Metro-Dyne Financial Corp. to overall responsibility for Korsun, its clothes-optional project subsidiary, and he worked to make Club Fieldstone succeed from the start of the undertaking.)

Club Fieldstone, the bright and shining star on the nude living horizon, is dead. It died July 24, 1984 in Houston, Tx. of the terminal disease, *Lack of Participation.*

A surface analysis would show the immediate and primary causes of the club's demise to be time and money. Metro-Dyne Financial Corp., the firm really responsible for operating Club Fieldstone, was unable to continue sustaining losses approaching $120,000 per month on the property.

Initial projections by the firm were that the complex could be filled with a waiting list in six months. These projections were based upon research done by MDFC in the nudist community as a whole. Needless to say, the nudist community projections were overly optimistic. A better guess as to the length of time to make a project of this magnitude succeed might be 2 to 2½ years. Naturally, there are few firms or investors who can afford a potential loss of $3 million over that time.

Does this mean that nude living projects are doomed as a whole? Absolutely not. They just need to be scaled down to acceptable levels. Club Fieldstone, with 270 units, had an enormous overhead that was impossible to maintain. An ideal size might be 60-100 units, for those of you contemplating an investment.

I said that Club Fieldstone died of Lack of Participation. This is the underlying reason we were unsuccessful. It is

difficult-to-impossible to publicly start any nudist venture in this country because of the stigma attached to social nudism itself.

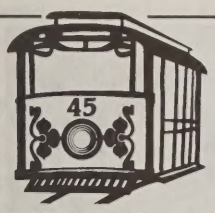
The stigma is there largely because the nudists themselves are afraid to come forward and be known as nudists, or at least as people who practice clothing-optional living or recreation.

Until more nudists are willing to come forward and *participate* in the process of public education regarding social nudism, I am afraid that most nudist developments will be doomed to operate as semi-clandestine affairs, marketing only to existing markets

Unfortunately, the market for clothing-optional facilities, among card-carrying nudists in this country (around 30,000), is already saturated. We can only succeed with modern developments if we direct our marketing to the 33 million or so folks that Mr. Gallup tells us might be interested in clothing-optional lifestyles.

A special note to all the "I-told-you-so" nudist experts, who are bound to come out of the woodwork in the aftermath of Club Fieldstone's failure: The Club Fieldstone program was first-class and professional every step of the way. No stone was left unturned as far as advertising, marketing, or public relations. Nudist experts in many areas of the country were consulted on the marketing continually. The facilities and the atmosphere at the club were among the finest anywhere as several prominent people in the movement can attest to since they visited the club. If we had the project to do over again I wouldn't change a thing except perhaps the size of the complex and, in this case, we had no choice regarding the size—what we saw is what we got.

We failed because we didn't have enough time to get enough new people to commit to a nude lifestyle.



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CONSIDERATIONS

Obstacles to Recruiting Qualified Tenants

Glyn Stout

(Glyn Stout is the owner of Lupin Naturist Club in Los Gatos, California.)

Club Fieldstone has been re-converted into traditional housing; the size of the operating losses precluded the investor patience required to wait for a turn-around. Since we share the disappointments of those who took professional, financial and personal risks with the venture, we hope they will forgive us for exploring what might be learned from their losses. They all deserve much respect for their courage and integrity in adversity. Club Fieldstone did not fail because it lacked the support of good people.

There were three basic marketing barriers that Club Fieldstone could not overcome:

1. The primary market niche was too thin. The total affiliated nudist/naturists in the Houston area number under 1000 out of a population of over 2 million. After deducting for those who (a) are committed to their current residences, (b) would not choose to live in Southwest Houston under any circumstances, or (c) prefer to remain unidentified with their alternate lifestyle, the primary market all but disappears.

2. Fieldstone was not well positioned for the much larger secondary market of people who don't consider themselves "nudists" but who could enjoy some aspects of the lifestyle. This could be 15-20% of the Houston rental population—more than sufficient to support an investment as large as Club Fieldstone ($10.5+ million) if successfully reached. Unfortunately, Fieldstone encountered the same credibility problems as traditional nudist clubs over the true nature of clothes-optional lifestyles. Women, especially, generally imagine more sexual risk than human liberation from a social nude experience, and achieving their comfort is the key to selling the concept. Nearly all of the inquiries came from men (including some excellent prospects), and many had to be turned away to support the goal of a reasonable gender balance.

3. The housing market in Houston remains an impossible glut. Competition for scarce apartment tenants in the face of 100,000 vacancies is downright bloody with red ink, and young homebuyers can find new, small homes for monthly financing that does not much exceed apartment rent. "Clothing-optional" would have to have a very strong appeal over the other alternatives available to do better than the market, and that, of course, was the desperate gamble that the investors took in the first place—to bail them out of a money-losing investment acquired earlier at the peak of its value. Club Fieldstone might well have succeeded in spite of everything in a housing shortage, but, of course, it would not have been attempted, either.

* * *

In hindsight, the Fieldstone folks might have done some things differently and achieved better results—particularly in regard to the second of those basic marketing issues. (The other two were beyond anyone's influence.) It should be noted that all of those behind the Fieldstone project (few of whom came from naturist lifestyles) have at all times remained open to the ideas and opinions of knowledgeable people. To be sure, some of those opinions were in conflict, and it was as defensible to choose one course of action as another at the time. Among the problem areas:

1. Compulsory nudity in the entire pool area created much tenant resistance, and a sensationalized media reaction, that seemed largely unnecessary. "Clothing-optional" policy and a longer transition period to sell existing tenants on a new perspective might have served to retain more of them initially, and would have avoided creating victims and causes for the media to report. (In fact, the nudity-required policy was eventually modified, but only after the damage was done. A second pool, especially for such a large complex, would have offered the luxury of a

choice of dress codes, but that was physically impossible without major reconstruction.)

2. Getting women from naturist lifestyles visibly involved in the marketing and public relations much earlier might have helped with the critical "gender gap."

3. The promotional materials and messages could have been somewhat better oriented to the perspective of typical apartment renters, i.e., young (20's), mostly single, transient (but looking for community).

4. So much attention was focused in defending and legitimizing the nude policy decision itself that little opportunity was afforded for positive presentation of the personal benefits of the unique lifestyle possible at Club Fieldstone. It lacked a certain vision—an appealing theme—if you will, and unfortunately, there are no flourishing prototypes in this country for it to emulate. The mere opportunity to rent where one could swim without a suit was not sufficient in itself to overcome the negatives of living in a highly controversial and visible project and being labeled as "one of those nudists" by friends and co-workers with strange notions of what that means. Club Fieldstone's image problem is our image problem.

While mourning its passing, we should not overlook Fieldstone's remarkable accomplishments.

Most amazing, and despite the less-than-desirable initial reactions of tenants and press, its professionally-planned public relations introduction achieved entry into the city limits of the fifth largest city with the country's largest nude apartment complex without serious opposition from government officials or local religious groups. Those who would maintain that Houston is too backward or intolerant have a less-than-compelling argument.

Also remarkable is that after the smoke cleared on nude conversion day, about half of the pre-conversion tenants had elected to remain at Fieldstone at least long enough to see what it would be like. Seemingly willing to "live and let live," they stayed despite open offers from other apartments to move them free and shower valuable giveaways upon them, to boot.

Perhaps some just liked the added security, but that percentage is twice as large as the projected number in their average age group who have experienced mixed social nudity. A week after the initial meetings with tenants you couldn't get good odds that even 10% would stay. Someone did a pretty good job of limiting the turnover of existing tenants; the marketing failure was in not attracting enough qualified new tenants.

It is hoped that all of us who are trying to communicate to the wider culture about the benefits of a more natural attitude about the human body will now do some serious thinking about our messages and our approaches. The old ones have not been very effective. There are powerful social trends emerging in today's world that dovetail perfectly with naturist concepts. What is still missing is their integration into communications about clothes-free lifestyles to the general public.

Consider how the following social developments and concepts serve to enhance the marketing of an idealized Club Fieldstone (or any other place where people have freedom to experience their bodies naturally):

1. The increasingly nude, relaxed lifestyles of the Europeans at their Mediterranean playgrounds (St. Tropez, Cape d'Agde, Costa Natura, Koversada and Aegean Island scenes come to mind).

2. Health and body consciousness; stress and the need for effective relaxation to extend life; wholistic living (integration of mind-body-spirit).

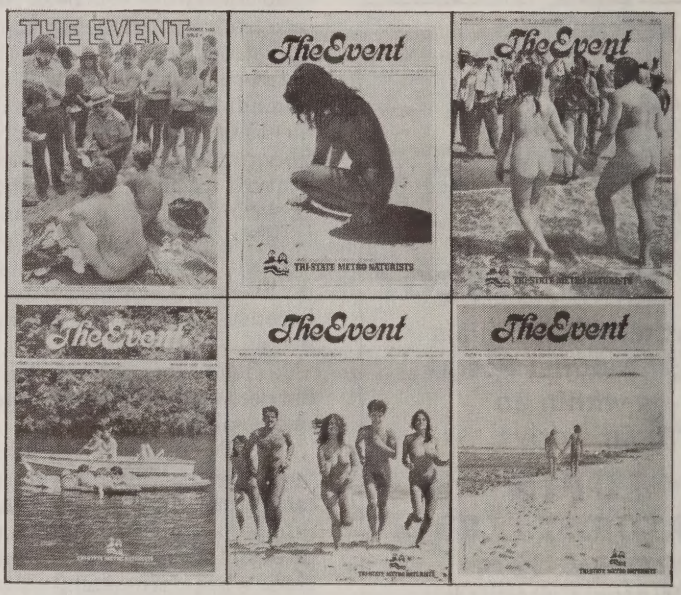
3. Personal growth and human potential; self-love, self-confidence and body acceptance.

4. Living more naturally (and peacefully) on a small planet; the appeal of small group affiliation for like-minded people; New Age networking; shared parenting; extended families.

5. Equality of the sexes; individuality vs. gender stereotyping; the "humanization" of gender interests; sexual honesty; male-female friendships.

6. Increasing freedom and diversity of choices in lifestyles, products, and ideas. (Toffler and Naisbitt were conspicuously quoted in Fieldstone's introductory videotape: however, the overall content did not match the quality of its reference materials. Budget and timing were unfortunately limiting production considerations.)

All of these factors, and more, are



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part of the untold stories of naturist experiences and lifestyles in the 1980's. We've been on the cutting-edge of a new human perspective for so long that we forget to acknowledge that the rest of the paradigm around us has been catching up and, in some respects, moving beyond the limits of our old goals.

We also have to find better ways of communicating our values and realities to a wider public. Otherwise more marketing failures like Club Fieldstone will be our legacy.

Beyond Club Fieldstone

M.D. McCurdy

(M.D. McCurdy was brought in by Club Fieldstone as a consultant after the project's difficulties became apparent.)

Clothing-optional, as a full-time way of life, is alive and thriving in different parts of the United States. Unfortunately, Houston was unable to sustain this ambitious, high-risk project. There are more than 100,000 apartment units now vacant in Houston. Every aggressive company is offering some incentive such as: VCR, TV, a free month's rent. Club Fieldstone offered a lifestyle to all, and it reduced rent the first six months to any single working woman.

There are several marvelous things that came out of this venture. Those people who chose to live the clothing-optional lifestyle created a "sense of community" that is great. It has been adopted by many of the residents who chose to continue to live there clothed or unclothed. The security system is probably about the best anywhere in Houston. The new owners plan to make these two fine outcomes the basis for the rental of their units. They also will change the name of the Club.

For anyone considering the idea of creating a clothing-optional living community in your city, I have a few thoughts that may make it easier. (Hindsight makes it so easy to look at issues and see ways that may possibly have worked better using other methods.) The following are a few things that need to be considered when approaching a living community venture.

The number of people who are willing to live a clothing-optional lifestyle full-time is very small. We are in the early stages of the evolution toward body consciousness in this country. The considerations of work, family, friends, and children while in school, all need to be weighed by a prospective resident. Most people who are already naturists are also not ready for that big a step.

Landed clubs in the U.S. are most often old-style "nudist camps." But the market for successful clothing-optional living communities is Yuppies. Thus the marketing needs to be done by professionals with experience reaching this segment of the population.

Ground work that is laid well in advance with city and county officials, and straight dealing with the press, create a most positive base before the opening. Every precaution needs to be taken to avoid negative national press. It is difficult to erase negative press no matter how untrue the statements may be.

Houston is a city whose population is generally living 30 years or more behind the times. Exploitation of women and the denigration of women is constant and unconscious.

Many bars featuring women dancers are extolled from huge billboards along the highways. Some clubs suggest that only men will have a good time there. The use of scantily-clad women in restaurants and clubs is rampant. The men employees wear conventional shirts and long pants. The pay is very low. Many clubs are a front for prostitution.

I found Houston women proud to be at their man's beck and call, to be taken care of and be in a submissive role. I had a woman cancel an evening out with me for dinner, after she had arrived at my house to accompany me in my car. "Her man" phoned on her call-forwarding device and wanted her to come to him. She is an educated, middle to upper-middle-class woman. I was insulted.

On occasions I refused to be quiet "while in Rome," and I stated that I felt put down. Reaction often was a derisive, "Don't tell me that, girrlll!" Another put-down.

The number of men was appalling who would inquire about renting an apartment, and next ask questions that expose their naivete concerning the difference between nude living and sexuality. The number of obscene phone calls was high; usually two or three per day. That is discouraging for a woman salesperson who is interrupted during a sales presentation to a couple, to answer the phone and hear in a sexually-suggestive voice: "I want to fuck you," or: "Want to sit on my dick?"

There are many clothing-optional living communities around the United States. They have quietly come into existence and continue to keep a low profile within the community. They will continue to flourish.

Clothing-optional living communities have a much better opportunity to thrive if they are started on a small scale. Possibly 15 units per million population in a progressive, upbeat metropolis. It's much easier to expand than to figure how to utilize excess units.

If existing units are occupied at the time of the changeover, careful handling of existing residents needs to be an uppermost priority. Again, good ground work with municipal officials and the press will be rewarded. The press in Houston was hypocritical. Blatant ads for the bars featuring women dancers, but they would not accept an ad that showed a father and mother in the water with their shoulders exposed, playing with an unclothed baby. They required that the woman have straps to simulate a bathing suit. The words clothing-optional, skinnydip, bare sunning, were emotion-laden words for the leading local newspapers as well as for smaller periodicals. A local singles newspaper was a challenge to me for two months. I finally met with the publisher when he was in town. I found him so spineless and hypocritical that I decided it wasn't worthy to advertise in his publications.

A transition period of clothing-optional policy will help existing residents to join the new lifestyle. Care needs to be taken that existing residents are there to learn to be comfortable around the lifestyle and not as voyeurists. That is not an impossible task. People want to be accepted, and usually do not enjoy being different (dressed) for very long.

I am willing to be a clearing-house for people who are interested in clothing-optional living communities. Please write to me if you:

1. Are living in a clothing-optional community. (Please send literature describing the facility.)

2. Want to develop a community, and need sources of professional "know-how."

3. Wish to live in a clothing-optional community. (List city you wish to live in.)

Send a self-addressed, stamped envelope to:

Clothing Optional Living Communities, 20600 Aldercroft Heights Rd., Los Gatos, California 95030.

Attn: M.D. McCurdy

PARADISE LAKES RESORT. Foremost recent success of naturist shelter development in the United States. *Leif Heilberg photo*

More Than One Way?

Lee Baxandall

The closing of Club Fieldstone should not be passed over lightly. It's important to analyze setbacks so as to conserve our resources, and to do better the next time.

The failure of this well-funded and market-researched project should not be primarily laid to the setting. There is much "wrong" with Houston: no city planning, automobile culture with daily traffic standstills and anomie in the bedroom communities, rampant male macho attitudes, lewd go-go promotions of nude dancers everywhere, sexism not only in the singles bars but in the marketing of almost everything, and so on. But Austin, a couple of hours up the road, shares much of the liability of "Sexas" culture. Yet Austin has supported a lively clothes-optional community for a decade and more, at its lake beaches and the New Manor Apartments. Far less ambitious, slickly commercial, or well-financed than Club Fieldstone, the New Manor and the wider Austin naturist culture have provided a national example to which Club Fieldstone was drawn, without having mastered the lessons.

What are the lessons? Does the New Manor prove the clothes-optional values can achieve no better than a middling-muddling survival level in the world of American Shelter?

Do several other clothes-optional living complexes that survive in the Sunbelt suggest only that the stepchildren of idealism are suffered and not killed?

And for that matter, where do we place the example of Paradise Lakes Resort, now emerging in metro Tampa as a significant landlord with good occupancy rates for its long-term rentals and condos? Is Paradise Lakes the herald of a successful nudist-park conversion to modern living accommodations?

It seems to me that we have under review a pair of relatively successful roads of development to clothes-optional living complexes, rather than just one.

* * *

New Manor displays the "alternative lifestyle" basis of success. On the margin of the vast University of Texas campus, the progressive and diverse counterculture of the Sixties combines with the native skinnydippers' defiance of northern priggishness. The result is a laid-back, very individualistic acceptance of the human body as wholesome and socially valuable.

Money is not that important and most participants in this culture do not have much of it. On the other hand, this loose community of very many persons, acquainted or befriended with one another, bases activity on carefully chosen values practiced not asocially or aggressively but in a web of warm relationships. Nudity flourishes—in this nest of trust.

Similar cultures are more or less active in other naturist or quasi-naturist communities, whether or not organized to provide housing accommodations. From naturist clubs or hot spring spas with some lodgings, located in alternative culture enclaves such as around San Francisco, to the recreational sharing of a modified urban residence provided by Morley Schloss of Naturist Rochester, the typical body-fear and other symptoms of alienation in main-

stream American culture seem to be recognized and offset.

Trust, cautious openness, an experimental lifestyle based on other than money-and-prestige considerations,—these seem among the elements that have enabled clothes-optional communities to emerge, develop, and survive.

Finally, it should be noted that traditional nudists play a surprisingly small role in these alternative lifestyle networks. A very few, such as Alfred Wupper at New Manor, have come in as to a long-lost spiritual home. But these are exceptional cases. Many organized nudists seem to feel uncomfortable with the lack of defined activities and clear lines of approval/disapproval or reward/punishment in these settings, and with their failure to rely upon media-endorsed values. The vulnerability (and lack of anonymity) often characteristic of alternative-lifestyle naturism seem to be threatening to the sense of security of the nudist. More on this later.

* * *

Paradise Lakes in Florida is double-based: on the traditional nudist park as it evolved from the Thirties to the Seventies, and on the resort-area living complex as evolved by developers in Florida since World War Two.

Although Florida has the greatest density of nudist retreats of any state in the union, most of these enclaves have not sought publicity through the real estate and travel industries. On the contrary, they have hidden away on remote roads, grateful when overlooked by county zoning and health commissions. They have drawn permanent memberships from the nudist network and nudist publications. They have despised—at any rate, been largely indifferent to—financial success. They have not grown with the growing acceptance of naturist lifestyles in America, with one exception: Cypress Cove, near Kissimmee, which is a model of good management and planning (granted the self-imposed restriction of remaining outside the wider market).

Paradise Lakes looks to the traditional nudist consumer for some buyers, longterm renters, and vacationers. But it looks for its market equally, or more, to the affluent young professionals, to Yuppies with a venturesome streak in them, if you will. Paradise Lakes does not prefer that its visitors be veterans of nakedness. It will gladly initiate the newcomer who has seen a lot of nudity (and titillation) in entertainment and advertising, and wants to get a piece of freedom from arbitrary dress codes.

Conceived by former real-estate broker, developer, and New Yorker Fred Bischoff, Paradise Lakes wants to have in effect a Holiday Inn with greater privileges for guests; a Club Med for Americans. It does not count on long-developed ties of trust among its guests. It counts upon the ability of a superior hotel to impose its lifestyle standards upon its guests and get them to live up to these values. As the Biltmore has its bar and polished oak panelling, the Plaza its rugs, chandeliers and doormen, and the Hyatts their dazzling open courts with whizzing quiet elevators and revolving penthouse restaurants, so Paradise Lakes offers to the peripatetic and affluent couple a refuge from wearisome fashion competition. Indeed, the standard it imposes is of fitness and slim youthful WASP beauty, such as advertising generally implies to us. But the values of Paradise Lakes also include greater experiment in living than the mass media recognize, and the sensuousness in nature which naturism proposes.

Paradise Lakes is a success—and not because it made money within months, as the financial interests behind Club Fieldstone demanded. Rather, Bischoff found a partner with the millions, and the interest, to sustain the enterprise during the first years while it was faced by the inevitable media and buyer scepticism. With that kind of longterm financing, combined with a formula that attracted both the traditional nudist and the newly-wealthy *now* generation, contemporary innkeeping and timeshared condominium wisdom could be combined with a clothes-optional dress code. It takes a lot—a grubstake, but also vision and fortitude—to be a few years ahead of the conventional wisdom shared among the big money. The pressure to succumb, as Club Fieldstone has, is enormous. The success of Paradise Lakes is an example for other investors.

Club Fieldstone had the advice of Fred Bischoff. It obviously wanted to succeed in the same market niches. Why didn't it?

Greater Houston is not Tampa-Saint Petersburg, yet it would be hard to argue that the former is *more* redneck, mainstream, and macho than the latter in its values.

Granted, the Tampa area introduced its average citizen to the overt presence of nudist parks decades ago, while Houston, a new population center erected in the swamps, has a more transient, unacculturated population. However, does that explain the difference? I think not entirely.

Club Fieldstone had a number of options as it set out to attract the young women, couples and families that it needed to make its occupants happy and comfortable and to succeed.

The road taken by Club Fieldstone was that of the traditional nudist park. And the fulfillment of the financial objectives was a priority that could not take second place or occur over a period of years (while trust developed in the community and initial errors of judgment were corrected). I think these twin determinants combined to sink the enterprise.

The traditional nudist culture is not a concept to be used pejoratively here. It is a neutral cluster of values—many not generated within the nudist "movement," but imported or imposed from the outside culture— and shaped in some other respects as a negational response to that majority culture. But with all the adversity it has stubbornly faced, that nudist culture has preserved and expanded the civil right to be socially nude in a clothes-obsessive nation.

Directed by articulate and energetic Veal Johnson, the president and founder of the Southwestern Sunbathing Association, Club Fieldstone adopted the kinds of activities, encouraged relationships, newsletter, rules, etc. that Johnson was familiar with from his membership at Live Oak Ranch nudist club north of Houston.

At the same time Johnson faced fears harbored by this market sector. Nudists were generally upset and repelled by the publicity generated by Club Fieldstone in the glare of public attention.

The 270-unit complex attracted just five couples, three unmarried women, and five single men to move in during the several months of clothes-optional regulation. (A number of men on the waiting list, invited to move in, failed to do so.) And that was that.

* * *

Nothing wrong with the traditional nudist-club values for the perhaps 30,000 Americans who at any one time participate in them and benefit from the context. Nothing wrong, too, with financial goals that are strictly on deadline, when appropriate.

But here's a nation of about 240,000,000 persons. 72 percent of us have been estimated by the Gallup Poll to approve of social, recreational nudity in accepted places, including on public lands. 15 percent of the population is

said by the Gallup people to have tried this lifestyle at least once. That's over 35,000,000. Why aren't these people better served by the available proprietary facilities for nude recreation?

* * *

The mix is there: *Nudism* as we inherit it; *Skinnydipping* as it has evolved to a coed and broad-daylight activity; *Alternative lifestyles* as they have been evolving at least since 1900; and the *modern Shelter-and-Recreation industry* with all its marketing and other capacities and amenities.

It only remains to put it all together right. Unlike the couple in this recent AP wire story, who couldn't get their desires synchronized with their choice of shelter:

> *ATLANTA — A man and woman were charged with public indecency after riding nude in a glass-enclosed elevator at the Peachtree Plaza Hotel.*
>
> *Tammie Joyce Diedrich, 19, of Jonesboro and Charles D. Shelton, 27, of Rex were arrested about 2:30 am Tuesday, July 10, 1984, police said. The couple was seen when the elevator stopped a floor below a hotel restaurant. Restaurant manager Rheubin Lewis told police he called hotel security after restaurant patrons told him about the couple.*

The capabilities of recreation and lodging are just beginning to be tapped by more rational, venturesome lifestyles.

Bare Grit Endures

Scotty McElroy
Mesquite, Texas

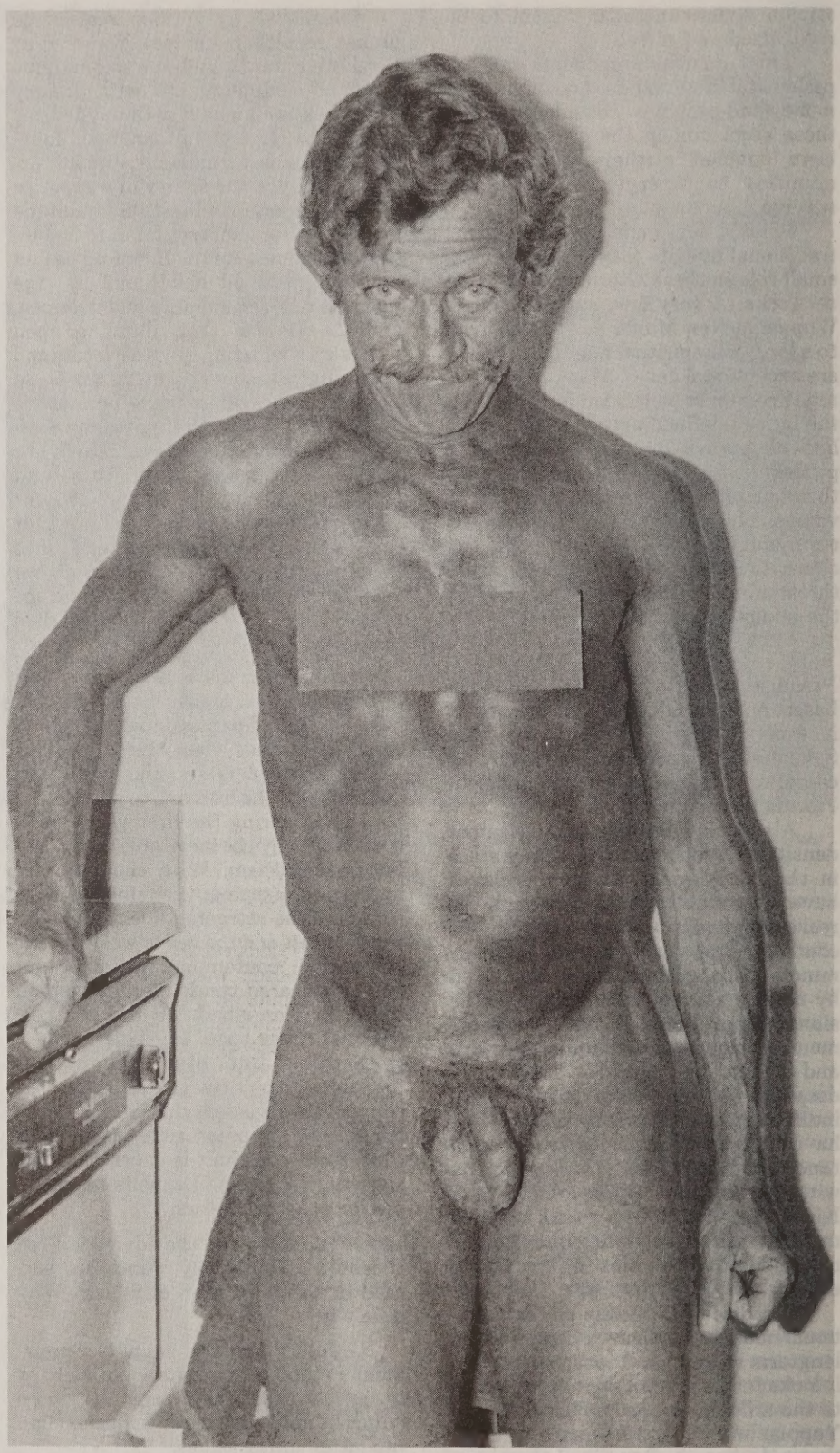
I guess "exploiting" nudity didn't pay off. But still I sure hated to see this clothes-less apartment end so soon. I didn't like the modus operandi. Still, I applauded.

New Manor of Austin, meanwhile, is flourishing. It has even improved its "status" over time. At one point it had a poor reputation.

I sense a growing conservatism towards clothes-less. Maybe it's just me thinking so; I hope so. I seem to find myself more and more "alone" at my favorite nuding spots. Very little "bare" company at Lake Travis lately.

Well, I'll keep it bare. I "beat the crowd," stake my spot, and make my presence evident to the uninitiated passers-by so as to avoid hostility or any embarrassment to them: Swim suit hung from the lounge chair, and me floating nearby on a "mat" in luxury.

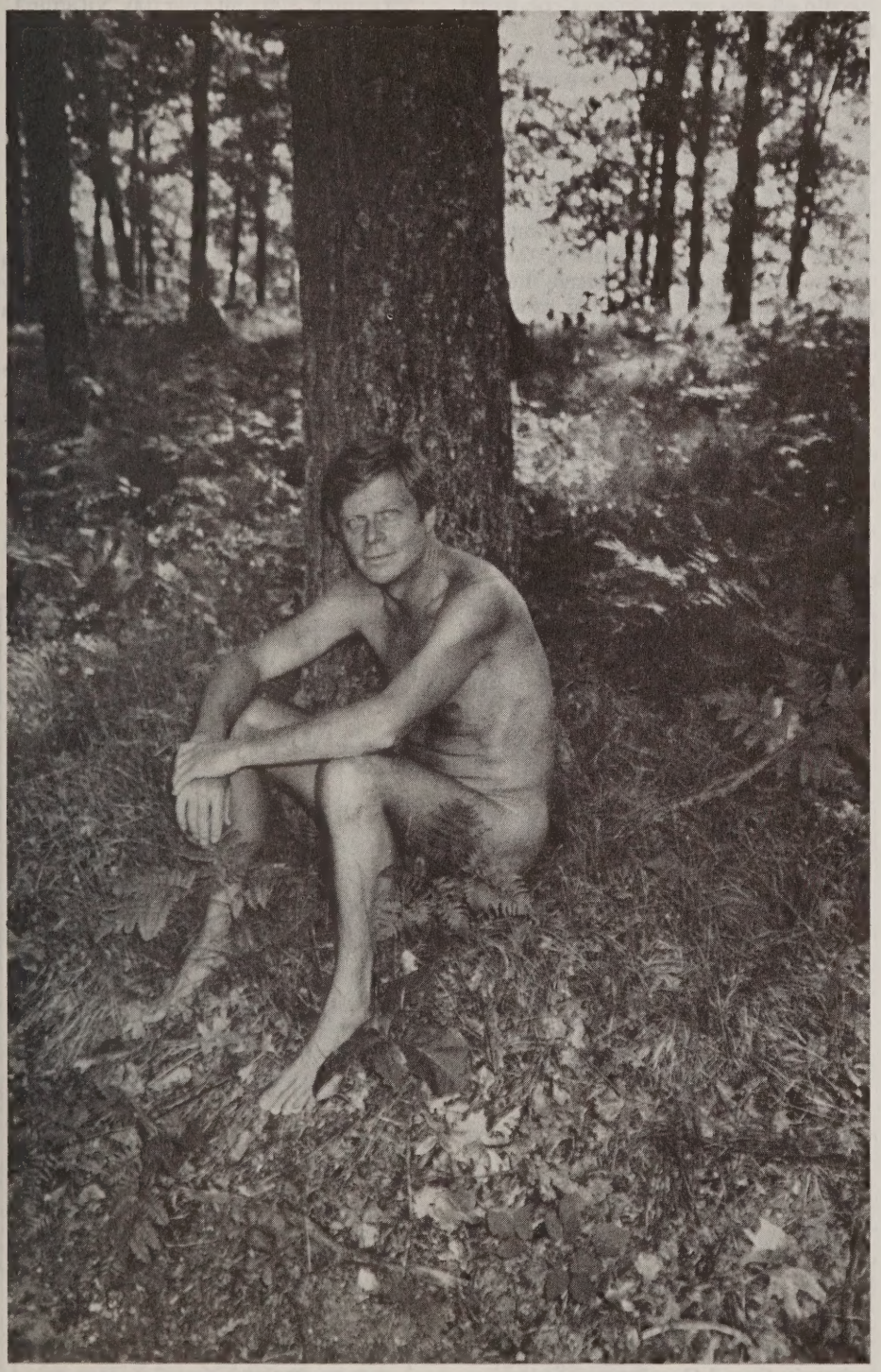
Bare endures!



BARE ENDURES IN TEXAS—Expressing solidarity with fellow citizens who are required to conceal their nipples, Howard "Scotty" McElroy is back-to-the-wall in his Mesquite domicile.

Howard "Scotty" McElroy photo

FITNESS



Dr. Kurt W. Mikat, MD, lives his philosophy of the optimum lifestyle.

SUNBATHING AND YOUR LIFESTYLE

Kurt W. Mikat, MD

Traditionally, sunbathing for health has been given as a prime reason for nudism/naturism. In the last few years, however, there has been considerable emphasis on other aspects of a clothes-optional approach to living. The reason for the de-emphasis of sunbathing has been largely the result of public education programs pointing out the potential skin-damaging effects of ultraviolet radiation. It has been rightly pointed out that sunlight can, in fact, cause premature wrinkling of skin and increased risk of skin cancer.

If it is actually unhealthy to sunbathe it must be particularly bad to do it nude. Yet it is precisely this aspect of naturism that is most enjoyable. Ask any young child! It is a young child's natural preference to be in the sun nude, as it is most others as well, if they can set aside acquired false psychological associations between nudity and immorality. A naturist knows there is no valid correlation between the two. One can be moral or immoral, with or without clothes.

Are we now to set aside the joy of naturism because the sun can cause skin damage? Let us examine carefully the health questions involved.

To Sun Or Not to Sun

For centuries, in fact since early recorded history, sunbathing or sun therapy was recommended by physicians for many disorders. Early Greek and Roman doctors prescribed sunbathing for many conditions including paralysis, asthma, jaundice, malnutrition, skin disease, colon diseases and obesity. Sun therapy (heliotherapy) was prescribed more and more for many conditions and disorders through the nineteenth century and twentieth century until the antibiotic era, when it was found that infectious diseases were often treated

more dramatically with the new agents. It is important to recognize, however, that many diseases are still effectively treated by sunlight, including such disorders as tuberculosis and rickets.

Some may claim that these disorders can be treated by direct vitamin or antibiotic therapy and this is true, but these agents may be dangerous under certain circumstances as will be pointed out later in this article.

Yet, again, we are reminded sunlight can damage skin, lead to premature aging, increased wrinkling and increased risk of skin cancer. How real are these arguments? Many medical and scientific studies have proven this association under some conditions. But *how* and *when*? This is the crucial question involved here. Sun and ultraviolet radiation such as given in tanning salons cause damage to skin only under certain circumstances — unfortunately these circumstances are fulfilled in most Americans by the unnatural food which many of us consume as well as other factors.

Diet & Sunning

The high fat diet which we associate with the "good life" is the one big culprit in the whole scenario. Other populations which consume a more natural high bulk, high complex carbohydrate (more vegetables, grains and fruits), low fat diet do not show the skin changes which we Americans and Europeans exhibit, even though we may have the same sensitive skin and even less sunlight than these other peoples.

In other words, it has been clearly shown in such population studies, and in many animal experiments as well, that the bad effects of sunlight are largely counteracted by changing the dietary pattern to the types of food which the human digestive system is more fit to handle.

The low fat, high complex carbohydrate diet which I would recommend has been described in many publications. It consists of essentially eliminating foods generally high in fat such as pork, beef, fried foods, common ice cream, most cheeses, processed foods, salad dressing. Sugar should also be eliminated. Foods that should be consumed include most vegetables, fruits, whole grain bread and cereal products, baked or dry-broiled fish and poultry.

When I first mention this dietary approach to living, some people react negatively because they have not been exposed to good-tasting food prepared in this way. Believe me, when properly prepared, good nutrition meals can be just as enjoyable as the standard American diet (S.A.D.!) high in junk food. The pleasures of the table and joy of eating need not be given up. Good recipes and detailed instruction can be obtained from a number of publications—check your library or local bookstore.

It would be best in addition if we would all give up smoking, alcohol and caffeine-containing drinks.

It is interesting to notice now a feature which becomes more and more apparent as we get deeper into the subject of optimal lifestyle, namely that positive healthful changes in our lifestyle pattern support one another, reinforcing and compounding the good effects. Notice that a dietary change can make sunbathing much safer, so that we can enjoy both the positive health-giving features of sunbathing, as well as acquiring the other benefits of such a nutritional program. Notice that such a diet as I recommend will in itself, reduce heart and blood-vessel disease and many forms of cancer. It is interesting that these effects of diet have now also been shown to be provided independently by sunlight itself. Experiments of many types have shown that sunlight and ultraviolet light increase the resistance to cancer, reduce hardening of the arteries (atherosclerosis) as well as increasing the resistance to infection of many types. Sunlight, furthermore, has been shown in humans to decrease blood pressure and decrease resting heart rate, just as may be seen in athletic individuals. Blood cholesterol is also significantly decreased by the sun. Excessive blood sugar levels may be decreased. Muscular strength and endurance are increased. Stress tolerance is increased.

Additional studies have shown that male sexual potency has been improved by genital sunlight exposure. In women, menstrual irregularities may be eliminated by regular sunlight exposure through the eyes, without eyeglasses or contacts that would filter ultraviolet rays.

Sun & Supplements

In addition to diet, other factors may improve the beneficial effects of sunlight. The group of vitamins and minerals known as the antioxidants also protect the skin against possible harm from sunlight and have many additional other benefits in their own right. These substances include beta-carotene, vitamin E and C, selenium and zinc.

What about vitamin and mineral supplements? Unfortunately, I know of no good multivitamin preparation that can be used as they contain undesirable amounts of some additives, such as vitamin D, iron, and possibly copper. Until a good preparation is generally available, it is my recommendation to take some basic substances separately, and I recommend the following daily amounts: Beta-carotene 30 mg. per day, vitamin E 800 units per day, vitamin C 4,000 mg. per day, selenium 200 mcg. per day, and zinc 50 mg. per day.

Sunlight is a much more desirable source of vitamin D than is diet, because sunlight causes the formation of D in the skin as needed by the body, utilizing a feedback type of self control. When D is added to milk and other processed food, then there is a real danger of excessive, even toxic, levels accumulating in the body, whereas when we let the body itself regulate the levels depending on need, no such danger exists.

Control of infection also is more physiologically done by sunlight rather than antibiotics, because in this way modern therapeutic problems of superinfection, emergence of drug resistent strains, and toxic side effects of antibiotics are avoided. (On the other hand, serious or persistent infections are

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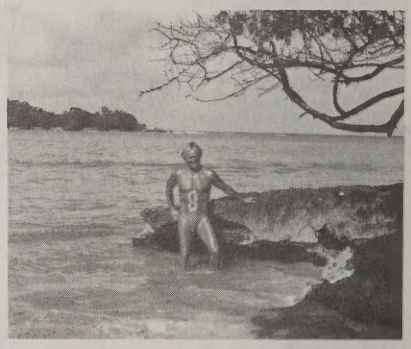

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appropriately treated by careful antibiotic therapy).

Exercise & Love

Many other factors can be listed in the general area of optimal lifestyle which are important in strengthening and compounding the mutual good effects. A regular exercise program, medically graded to the individual's ability and need, will enhance the effects of diet, sunlight, and supplements. Furthermore, everyone needs love and affection which, in a manner of speaking, perhaps is the most important "vitamin" of all. How does one add more love and affection to one's life? Only by *being* a loving, caring person can we expect to receive the same. Love is the only thing I know of that we can only truly receive by giving it away (I am not necessarily talking about sex, which, of course, is properly related to love but is not the same. Sex is important but we *can* live without it—love, on the other hand, is indispensable to human life.)

Tight clothing is another culprit, medically speaking. There is evidence that it may be at least partially responsible for such conditions as fibrocystic disease of the breasts, vaginitis, cystitis, male infertility, and in the case of ill-fitting shoes, many foot problems.

* * *

Good sense has to be applied to sunbathing. One basic rule is—*never burn.* This means, of course, that light-skinned persons need less sun than darker individuals. Regular, preferably daily, sunlight in modest doses is better than occasional big exposure. Total body exposure (nude!) is better than less, as it seems particularly important that the genitals are included in the tanning process.

Unusual sensitivity to sunlight may be the result of certain rare disorders or may be the result of certain medications and should be investigated by your physician.

I advise against the use of oils and lotions as tanning aids or sunscreens because there is evidence that in the long run these compounds may worsen possible skin damage leading to wrinkling and increased risk of skin cancer. It is true that they may protect against the acute damage such as sunburn, but the long-term effects are undesirable. It is best to avoid all such substances and just control the amount of daily sunlight which should be less than that causing redness or irritation.

I have not mentioned all of the other advantages of naturist nudity, which include a healther psychological view of the body and sexuality; greater asthetic appreciation of God's greatest creation—the human body, as well as a number of other considerations. I should think God would be insulted by many of our attempts to cover up His most interesting, and in a way *always* beautiful, masterpiece.

Many other reasons to be nude in the open sun can be given, but I think enough has been said for now. In summary, sunbathing is safe under the following conditions:

(1) Low fat diet.

(2) Vitamin and mineral (anti-oxidant) supplementation.

(3) Avoid burning.

(4) Avoid the use of skin oils and lotions during sun exposure.

The benefits of moderate sunbathing include:

(1) Reduced risk of internal cancer.

(2) Reduced risk of heart and blood vessel disease.

(3) Improved body defense mechanism against infection.

(4) Reduction of high blood pressure.

(5) Lowering of excessive blood sugar levels.

(6) Increased energy, strength and endurance.

(7) Control of harmful effects of stress.

By adopting the entire package of optimal lifestyle living as outlined, we reinforce the benefits of sunbathing in addition to making it safe. Furthermore, we can expect to add many active, alert, happy years to our lives and to the lives of others we can influence to do likewise. Even if there are some aspects of the optimal lifestyle which we do not wish to adopt (for example, some may feel that certain habits such as smoking are worth the added risk), we can go with a partial program and still expect partial benefits.

Not only is naturism a joy but it is most definitely good for us.

Kurt Mikat, MD, is a graduate of the University of Michigan Medical School. He has a specialty certification in pathology and practices as a clinical pathologist and lifestyle modification counselor. Dr. Mikat has agreed to establish the Optimum Lifestyle special interest group of The Naturist Society. Inquiries and information may be sent to P.O. Box 4609, Flint, MI 48504. Include a SASE.

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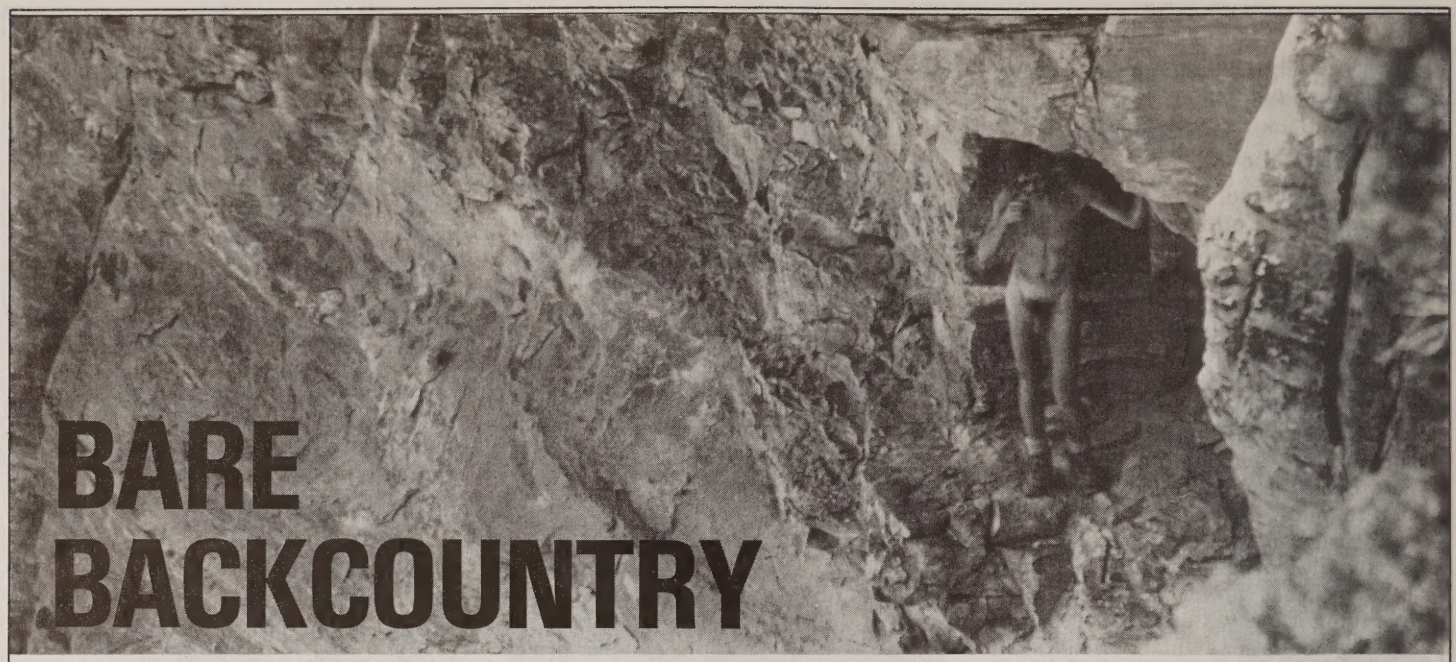


BARE BACKCOUNTRY

THE UTAH CANYONLAND

William Bird Mounsey

An account of the Naturist Society and University of the Wilderness sponsored expedition, June 1984.

Our field trip started near Denver, Colorado where four of us met— organizer Bill Mounsey, Dottie Hoffman, John Peleaux and Vanessa Simone. The next day in Grand Junction, 250 miles west across the Rocky Mountains, we were joined by John Leigh from Lakewood, Colorado and Paul Van Asten from Hortonville, Wisconsin. We started out for the Utah Canyonland country. During the next 200 miles we progressed from Interstate to State highways, then to County roads, Bureau of Land Management (BLM) and US Forest Service roads, and finally to a two-track trail across a desert plateau. In the seven days we were beyond human habitation we saw other vehicles only four times. Our first campsite was at a spring among large aspen, fir and spruce in a mountain transition zone environment nearly a thousand feet above the desert land. The beauty of the site was enhanced by many varieties of wildflowers and the sight of several graceful deer. It had been warm during the day but jackets were dug out that evening.

After a hearty breakfast, we drove down to the desert and parked at Cowpen Camp, an old cowboy stopping place. From there we hiked along the edge of Falls Canyon, searching for a way down into it. It was windy, but by noon the weather had warmed. It was pleasant to shed our clothes at a dry streambed lunch spot. During the afternoon we continued the reconnaissance in various degrees of clothing, being careful of too much sun on previously unexposed skin. We discovered one prehistoric dwelling site, a ruin with several rock-walled rooms and one wattle and mud-walled room, tucked away in a cliff area projecting above the general level of the canyon rim. In this trailless, out-of-the-way place, it is likely that few modern people other than wandering cowboys have seen this ruin.

At the farthest point of our hike we could see pools of clear water 1,000 feet below us in the bottom of Falls Canyon, and across the canyon a game trail that appeared to offer access in and out of the canyon. On the way back to Cowpen, Peleaux, formerly a professional mountaineering instructor, was able to friction-climb in and out of Falls Canyon but the route was far beyond the capability of backpackers. Although it may have been occasionally used by prehistoric travelers, it certainly wasn't the trail we sought.

Back at Cowpen we had sufficient water in cans for simple bathing but we accused Vanessa of using the melted ice water in the cooler for her bath. It was a pleasant camp with open sagebrush country on one side and on the other side comfortable places to spread out our sleeping bags among the pinyon and juniper trees.

The next morning we drove around the head of Falls Canyon to the end of a faint vehicle trail across from the ruin we had found the day before. It was warmer and most of our clothes came off before lunch. After lunch at the vehicle, on the lip of a small canyon, three members took off to search for a connection with the game trail spotted the day before. The others sunned on the smooth canyon-edge rocks and explored several small ruins hidden under the lip. When the searchers returned, the report was that they advised against a backpack attempt by the full group.

A decision was made to abort the search for a backpack route into Falls Canyon in favor of exploring Mystic Canyon. We returned to the main vehicle trail and reconnoitered for a Mystic Canyon trail shown on the USGS map before we drove to L'amour Spring and our third backcountry camp. At L'amour Spring there is a large metal stock tank full of cool water that was enjoyed by several members of the party.

The following morning we parked the truck at the side of the vehicle trail and went backpacking toward the rim of Mystic Canyon. Two and a half hours later we stood on the edge of a precipitous point overlooking the canyon. Sandstone cliffs and broken ledges and slopes covered with pinyon, juniper and shrubs drop from the plateau to the flat sagebrush and grass-covered valley bottom. An extremely steep stock trail leads down the side of the point— a route that certainly was used by the Anasazi Indians a thousand years ago. Today it is used more by the resident mule deer than by humans and

Pictograph from Mystic Canyon, 500 years old, shows Indian view of universe.
University of the Wilderness

Look Back In Time

An Indian painting, at least 700 years old, decorates the cliff above our Mystic Valley campsite. Since the era of its creation there has been no permanent human habitation within fifty road miles of Mystic Valley. Yet at one time there may have been as many as a thousand or more people living within a couple of miles of our campsite. To members of our society, these are usually perceived as precarious lives. Actually they were superbly equipped, technologically and mentally, for rewarding lives in this desert environment. Archaeological evidence indicates they had efficient technological and social solutions to the problems of an arid land. They probably had more leisure time than we do today. Clothing was certainly no problem. Hide, fur and plant fiber material protected them from the elements; bone, shell, stone and feather added adornment.

Barrier Canyon style figures with outstretched, connecting arms cover their cattle. Our lunch break was taken in the shade of some pinyons at the bottom of the trail. Clothes were shed as we relaxed and speculated about the two ruins we could see on opposite sides of Mystic Canyon. After lunch, again in various stages of dress, we followed old cow and game trails down the valley. In about a mile we stopped at a small, unused wire corral. On the rock cliffs above the corral there are red and white painted sawtooth designs—probably Anasazi. Another mile and we arrived at our objective for the day—Mystic Spring.

In this arid environment a strongly-flowing, coldwater spring is a rarity, to be enjoyed and cherished. We drank our fill, bathed under the little waterfall, and lazed in the shade of the few junipers and pinyons. Two red pictographs, one Barrier style, the other Fremont, guard the spring site from the cliffs above. It is a great place to take a break, but there really isn't enough level ground for a good campsite.

After rehydrating and resting we spread out to explore the area. Mystic Spring is on the edge of a side valley a quarter of a mile or so from the main Mystic Valley streamline. Several hundred yards across from the spring we found an ideal campsite—flat ground, shade trees, picturesque rocks and the pictograph panel on the cliffs above. In addition to the Indian paintings there are other signs of prehistoric human use. About 75 yards from the campsite there is a natural rock shelter with a built-up platform and painted hands on the ceiling.

By now we had settled into a clothes-optional routine. Jackets in the evening and early morning were all we needed for warmth; and, for those of us still wary about too much sun, shirts and maybe shorts during mid-day except when taking a break by the water or in the shade. Otherwise, no clothes became the usual choice.

The University of the Wilderness expedition group, clothes-optional in practice.
University of the Wilderness

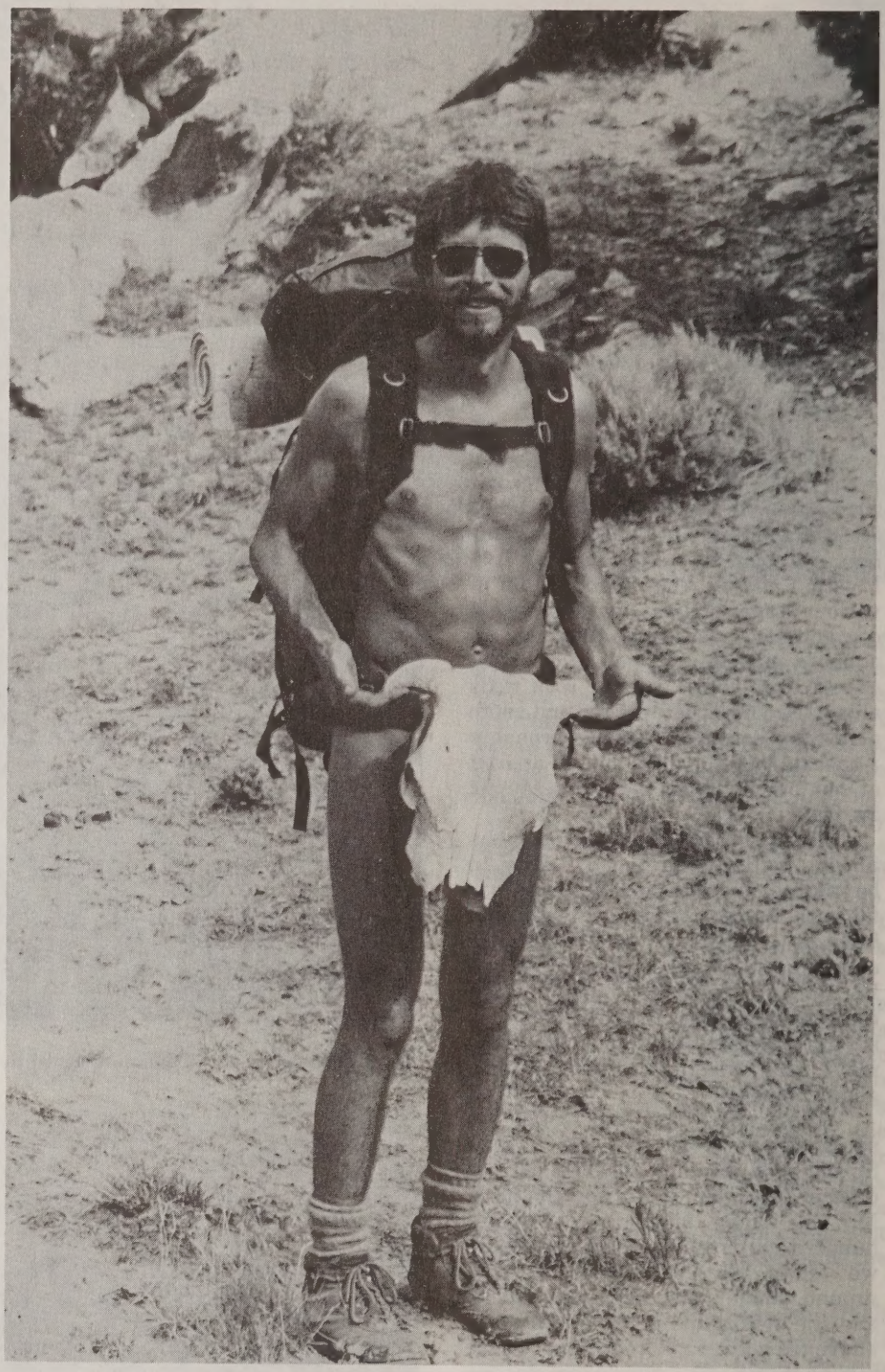
several yards of the panel. In outline, they are typical anthropomorphs of that style, but they are unusual in having splotches of white paint exploding from their heads. Not modern vandalism, but the expression of a culture but shadowly known today. A unique animal figure with a swaybacked, wiener-shaped body, long tail curled over the back, two long upright ears and a white cloud of breath is associated with one of the human-like forms.

No doubt during warm weather they—like the members of our Naturist group—felt no compulsion to be clothed all the time. One can be sure that no one questioned either why someone was nude, or why they chose to be partly or completely clothed.

A quarter of a mile from our camp, looming over the junction of the Spring Valley and Mystic Valley streamlines, a hundred-foot-high rock dominates the valley. We could see the remains of rock walls on top, and a tower ruin perches on a shelf about halfway up one side. There is now no way to reach the top without technical rockclimbing equipment, but we surmised that access to the top had once been possible through the tower. Because of its remote, imposing situation and the fact that it had been fortified, we called it Masada.

Our second day in Mystic Valley we investigated Masada, backtracked up the valley to photograph the paintings at the wire corral, and then continued on to one of the cliff dwellings we had spotted from our lunch site the day before. Here we found well-preserved walls with "firing ports," in a large cave that also shelters a seep marked by a painted negative hand. Adjacent storage structures were investigated—some with quantities of 700-year-old corn cobs. From the dwelling we spotted a circular design in the valley-bottom vegetation. Investigation of the area revealed an extensive complex of collapsed walls of a 20-room surface structure and numerous other separate square and circular structures. Black and white and pinched-design pottery shards are everywhere.

By now we had developed a high state of euphoria—from the combination of like-minded people, vigorous physical exercise, peaceful relaxation, the beauty and adventure of desert wilderness, and freedom to feel the caress of wind and sun on all of one's skin. This night the full moon bathed the campsite from dusk to dawn, casting spectacular shadows and lights on the cliffs and an eerie glow on the mysterious tower of Masada.



Expedition members had a vivid experience of nature. *University of the Wilderness*

The next day we explored down the valley, to find a pleasing waterfall about a mile below camp where we enjoyed skinny-dipping in the sun-warmed water. Another quarter mile and we discovered Masada II. This time some not-too-difficult rock climbing got us to the top where we found that the whole top, an area about 25 by 100 yards in size, had been fortified with rock walls. Two miles below Masada II, as we followed the dry streamline, we suddenly came to a 150-foot drop-off. In the canyonlands these abrupt changes in a streamline are known as jumps and often they are impossible to bypass. We were getting low on water and the deep, clear pools in the streamline below the jump were very inviting, but no way down was apparent. Peleaux, our most

able mountaineer, did find a way down but he was the only one to enjoy a cool drink and dip.

* * *

Our clothes option ended the next morning as we left our final camp and returned to more-traveled roads on our way back to civilization. Jayson Loam writes in *Hot Springs and Pools of the Northwest,* that Utah is "Where Rock is In and Skinny-Dipping is Out." He quotes a Utah resident saying the LDS church "strongly states the belief that exposure of the nude human body is sinful, and therefore condemned . . . if the (church) says that is so, you had better believe it. Or, if you don't believe it, you had better, while you are in Utah, act as though you did believe it." Only those who expend the effort necessary to seek out the wilderness can really relax in a clothes-optional condition in the beautiful state of Utah. We can be thankful that there is a lot of wilderness-type country in the state. We will return in 1985.

In cooperation with The Naturist Society, the University of the Wilderness has planned for 1985: a February Arizona hot-springs trip, April ski-touring in Wyoming, and Colorado or Utah bare backpacking in July and August. Weeks and weekends available. For details, specify naturist interest and write University of the Wilderness, P.O. Box 1687, Evergreen, CO 80439.

Full Nakedness

Full nakedness! All joys are due to thee.
As souls unbodied, bodies unclothed
must be To taste whole joys.
—John Donne, 19th Elegy

UNDER THE PALMS

THE MASSAGE SIG ANNOUNCES "Under the Palms" getaways to clothes-optional Club Orient. Nov. 10-17 or Feb. 18-25. Introductory/intermediate. Instruction mornings, free afternoons. $795 incl. airfare, meals. Contact Skinny Dip Tours, 914 733-4596.

SKI-NUDING?

Well, we don't zoom in the nude down two of the Northeast's finest slopes. But apres-ski, we have access to a pool and hot tub. Those who joined us the last two years were delighted.

NENA and TSMN SKI SIGS invite you:

January 11-13. Mt. Snow, Vermont. Downhill and cross-country. Max. 70 persons, children welcome, bus from Manhattan or arrange your own.

March 1-3. Stowe, Vermont. The popular inn on Mt. Mansfield we've used before.

Good people, good food and sport . . .

—WRITE Barry Plaxen, Ski SIG, RD 1 Box 294, Bloomingburg, NY 12721.

CARIBBEAN UPDATES

Capt. Ray Hendrickson finds another tropical paradise.

For a complete compilation of information on nude beaches and resorts of the Caribbean, Central and South America, you will need (a) *World Guide to Nude Beaches & Recreation,* 1983 edition, and (b) *CwS* 3.3 (November 1983), in addition to the *CwS* you hold in your hands.

We are not repeating information here which was adequately presented in the earlier publications.

Our ability to provide accurate, up-to-date information depends on the input of many readers. If YOU are able to provide a correction or addition to what The Naturist Society has published, don't hesitate—write us a letter, and, if possible, supply a photo or a map as well to clarify the situation. You're benefitting here from the input of other readers—it's time for your contribution.

Why go to these resorts or beaches alone—bring along your whole family, your neighbors, or friends. The enjoyment of nude swimming and sunning is best when it's social.

You'll note that *nudity afloat* is the fastest-growing category of Caribbean naturism. Few skippers any longer object; many join in. So when you visit the islands, create your own naked island by arranging a day charter, alone or with new acquaintances. Ask a captain to make up a party.

—Editors

ANGUILLA

New this year to naturist listings, English-speaking Anguilla is so thinly settled and so blessed with beaches that almost anywhere is OK for nuding. Travel writer Ian Glass stayed at the largest hotel, the 10-room Rendezvous Inn: "I discovered a seven-mile stretch of pristine beach. So isolated was it that I could walk most of it in the buff." Natives are very relaxed, friendly and helpful. Not cheap—a double room with meals at Rendezvous Bay, for example, is $95/day; reservations, ph 201-738-0246. However, guesthouses and apartments are also available to rent by day or week when you reach Anguilla. The price, as little as $25/day dble.

Access is by a ten-minute flight on Windward Islands Airways from St. Martin's Phillipsburg Airport, or you can take the boat ferry from Marigot near St. Martin's Club Orient. If you enjoy solitude and cheerful relaxation, Anguilla could become your Caribbean nuding haven.

A final caution: Like other former British colonies and unlike most Anguillan civilians, Anguilla's law enforcers tend to be uptight about nudity no matter how empty the beaches are. One naturist's family, skinnysailing off Prickly Pear Island, was intercepted by an Anguilla Police Boat which boarded with machine guns drawn to prevent the nuding.

ANTIGUA

Hawksbill Beach

Antigua's chief clothes-optional beach

is one of four beaches owned and maintained by the Hawksbill Beach Hotel, three miles southwest of St. Johns. For the hotel, exit from St. Johns southward; turn west just past the soccer field on the right near the wharf on Market St. After one block a small handpainted sign will direct you to turn left to Hawksbill. Stay on that road all the way. About halfway there you must make a sharp right due to a huge iron gate; make the turn, follow the road along the fence to a small village, with another soccer field on the right. In the village take a left at the public telephone on the post on your right. Finally, at the top of a very steep hill, you come to a cattleguard and brick pillars: This is the hotel entrance. Continue down to the hotel lot and park (do NOT drive on through the red iron gate used by maintenance vehicles—it might well be locked with you on the further side!).

The nude beach is the last of four as you now glance out to sea and the Hawksbill rock that rises from the waves. You walk left (south) down the hill, through the hotel grounds and to a fenced pasture with a wooden country gate near the beach. Close and latch it, continue up over the hill, avoiding cow patties, and around the smaller beach. Topping the second hill you see the "clothes-optional" sign on a fence near the walk-through gate. The road winds around to the left and to the beach, which is about 300′ long. Much of it has rocks but there are several nice sandy areas. A hotel "beach officer" is there 8 to 4 to provide security. He takes a lunch break. The beach has some fine coconut palms and the hotel supplies umbrellas and chaises. Bring any food or drink you need, and definitely use footwear along the quarter-mile path.

Many visitors to the beach are German, and the Obona naturist travel agency puts its clients into the Hawksbill and other hotels such as the Jolly Beach. Most convenient is to book a room at Hawksbill Beach motel, since transportation on the 16-mile island is time-consuming. Meals at the Hawksbill are tasty.

Air travel from Miami to Antigua is quite reasonable and the Windjammer craft Yankee Clipper now sails from Antigua.

ARUBA

Andicouri

Andicouri is an area of secluded white-sand beaches on Aruba's north coast where your party can be nude without hassle. Andicouri's Dutch proprietor will park your car (the lot is at the end of the road; just ask for directions), then escort you in his jeep across wild terrain to the beaches which hunker among magnificent coral cliffs. $2 for the proprietor, a great day for you!

BAHAMAS

Eleuthera

On this 120 mile long Bahamian island named with the Greek word for freedom, one can find many, many places to be nude, for weeks at a time if desired, without seeing anyone. Eleuthera was 'made for naturists.' Accommodations and autos can be rented on the island. It's an inexpensive air fare from the US East Coast, too, for all the powdery white sand, crystal clear warm water, and sunny skies you get. A **contact** for the naturists will be happy to answer questions: Brian Clark, P.O. Box N. 455, Nassau, Bahamas.

The **Club Med** Eleuthera does tend to be a focus of nude bathing although, being more family-oriented (and American) that most Club Meds, even toplessness is minimal on the grounds. Long beaches to left and right of the Club Med are good for nude use. You might prefer to use this beach while staying at one of several small hotels located a few minutes' walk away at Governors Harbor.

Nassau

Paradise Public Beach on Paradise Island is reached by a $4 cab ride from any mainland location in Nassau, or $2 from other Paradise Island hotels. On paying $2 the Public Beach official assigns you a locker and a rum punch, and you have shower privileges. Walk left down the beach, past the Club Med and the Yoga Center (which is g-stringed and partly topless), to the open beach which is used nude in the area before the rock jetty. In 1983-84 police were openly tolerating the nudity. Watch your gear, however, as theft is reportedly a growing problem, as are gawkers.

An alternative to Paradise Public

BAHAMAS AND KEYS

41′ KETCH with diesel power; radar, Foran, VHF, HF, CB radio, color TV and VCR; three cabins, each with stereo; full galley; hot showers. Available for one-day or extended cruises from Key West with Capt. Ray Hendrickson, who has 34 years sea experience and teaching and is Coast Guard licensed.

CONTACT % Key West Naturists, or by sending address (or phone on short notice) to Ray Hendrickson, P.O. Box 1264, Key West, FL 33040.

Beach is to **hire a small boat** at almost any hotel, to take you to one of the numerous deserted offshore islands, where you can sunbathe without a care. One such friendly charter is Out-Island Safari run by Paul Harding, a genial Frenchman who with his wife and a cook provides skinny-snorkel or scuba, even photography, as you prefer, with picnic lunch at a private island just 25 minutes from the hotels. Reservations: 32522 or 31179, Nassau.

By Sea

Sailing your own "nude island" can be your best bet in the Bahamas as elsewhere. Many firms rent small craft in the islands, advertising in US newspapers. Or sail over from Florida. Occasional weeklong nude cruises are offered out of Miami on a 65′ sailboat by Marion Peck (813-525-6868).

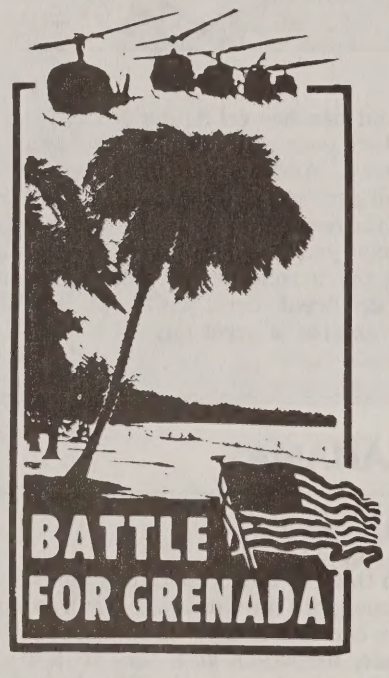
Three of Norwegian Caribbean Lines' **cruise ships** out of Miami stop at NCL's private "Out Island" where nudity is permitted. Disembarking, head down the beach to the right, cross over the rock spit, past a second rock spit, to a gorgeous white sand crescent beach. About 15 minutes walk. You don't want to pay $1000 or more for that half-day of nudity only—but the cruise as a whole is very pleasant and first class. The former S.S. France, now the Norway, the largest passenger craft afloat, is fabulous. Book a cheap suite and ask for the upgrade option; also ask about the free airfare to Miami.

BERMUDA

If the name Bermuda conjures up images of pink and green Preppies and Yuppies, strolling around golf courses glasses of Chablis in hand, you are only partly right. Bermuda does have its share of manicured resorts that cater to the Izod set. But there is a more casual and less stuffy side to this scenic island, where the dress codes are relaxed and the beaching is most definitely nude—the western end in the Parish of Southampton. The beaches are expansive and deserted, accommodating all lifestyles. For even more privacy, some folks swim (or walk out in low tide) to the islets that dot the coastline to enjoy their sunshine. Note that Bermuda is *not* a Caribbean island. Located off the coast of North Carolina, its climate is much more temperate—season is May-June to Sept.

—Jan Smith and Obie

DIRECTIONS: The Atlantic coast, to the west of Church Bay, is where the endless nude beach begins. Walk at least ¼ mile west from the Sonesta Hotel and you're home free. On the Sound, the best bets are the many coves and bays in Little Sound. Guest houses are the best places to stay on this part of the island—particularly recommended is Dickey Green's in Southampton, telephone (809-298-0834). If he can't accommodate you for the time period that you want, he'll probably be able to help you find another guest house.



We thought the Battle for Grenada was for freedom. But no—at least not from a beachgoer's standpoint.

In mid-1983 when the revolutionary regime was in power, we wrote the Grenada Tourist Information Office to inquire whether nude beaches were contemplated. "Government policies do not permit nude bathing on our beaches," came the reply dictated by Lyden Ramdhanny, Minister of Tourism and Civil Aviation.

After the US invasion we waited, then wrote again. This time sales representative Margaret Evans wrote: "The Grenada Government's policies have not changed regarding nude bathing."

What was all the fighting about?

BONAIRE

Second of the Dutch "A-B-C" islands—Aruba, Bonaire, Curacao—this island near Venezuela is a paradise of flamingos and other rara avis, particularly on the vast salt flats. Scuba is also a highlight and good restaurants are reasonablly priced and plentiful, although night life is scarce.

Many visitors to Club Orient on St. Martin will remember the efficient and gracious Louise and Carl, who managed it until moving to Bonaire two years ago to launch their own all-clothes-optional resort—the Caribbean's second. It is now open, on a limited scale—12 living units, restaurant, bar, and waterfront activities. Choice of studio with kitchenette or one-bedroom unit with kitchenette. Private beach, excellent offshore snorkeling on a large reef. Bookings are through Skinny Dip Tours (914-733-4596).

GUADELOUPE

The 1983 Update for Guadeloupe warned: "Caravelle Nude Beach in Danger!" Club Med policy-makers had evidently decided to eliminate the attraction of nudity which brought many day-trippers to utilize the public sands adjoining Club Med Caravelle. Club Med was shy of accepting responsibility, blaming it instead on local complaints and local police. Jean Rocquemont, emigre to Guadeloupe who originally gained the beach's legality, called the Club Med bluff (see photo).

Michel Vais, founder of the Quebec Naturist Federation, and several members spent Christmas 1983 on Guadeloupe. He relates how Rocquemont and he spoke with the new chef du village at Caravalle, Mme. Myriam Karaohanessian, and the mayor of nearby St. Anne, M. Hegesippe Ibene. The mayor explained that the previous chef du village, Jean Pierre Roch, had sought a new regulation from him to put naturists off the beach. "I give you my word," the mayor told Rocquemont, "there will be no new city regulations to limit the practice of naturism at St. Anne." So the Caravelle—directed, it is said, by Club Med Chairman Serge Trigano himself—"misinterpreted" an old regulation, which had no application to the beach bordering Caravelle!

Mayor Ibene deplored this subter-

OUTFLANKING CLUB MED'S APPARENT PLAN. Club Med sought in 1983 to eliminate day visitors to the public beach next to the Caravelle resort, claiming a new anti-nudity regulation. But Jean Rocquemont (right), who obtained legality for Guadeloupe's nude beaches two decades ago, went straight to local Mayor, Hegesippe Ibene (center), who confirmed no new measure had been passed and old laws did not apply to Caravelle nudity. With Rocquemont and Ibene, at left, is Michelle Vais, founder of the Quebec Naturist Federation. The FQN lent its voice to preserving freedom of the beach. *FQN photo*

ON GUADELOUPE'S CARAVELLE NUDE BEACH. Ste. Anne residents mingle with tourists from Europe and the United States in enjoyment of island's best beach. Effective political action saved the public interest, this time. *Leif Heilberg photo*

fuge and endorsed the nudity at this outstanding beach.

LODGING AT CARAVELLE. Comfortable cabins are available for under $25 a night from **Mme. Giroux,** 4 rue Bebian, F-97110 Point-a-Pitre, Guadeloupe. Phone Guadeloupe 82-03-73.

Recently built—and, like Mme. Giroux's guest cabins, just five minutes from the nude beach—is **Le Rotabas.** It's a bit more expensive, but also provides phone service, breakfast, and a fine restaurant reasonably priced. Address Durivage P.B. 30, 97180 St.-Anne, Guadeloupe F.W.I. Phone Guadeloupe 88-25-60. Telex ROTABA 919 445 GL.

Club Med will, of course, be happy to host your visit, providing ample sports and entertainment as well. As long as Club Med recognizes your nude beach preference it deserves your support. Ask the 800 operator for Club Med's reservation number.

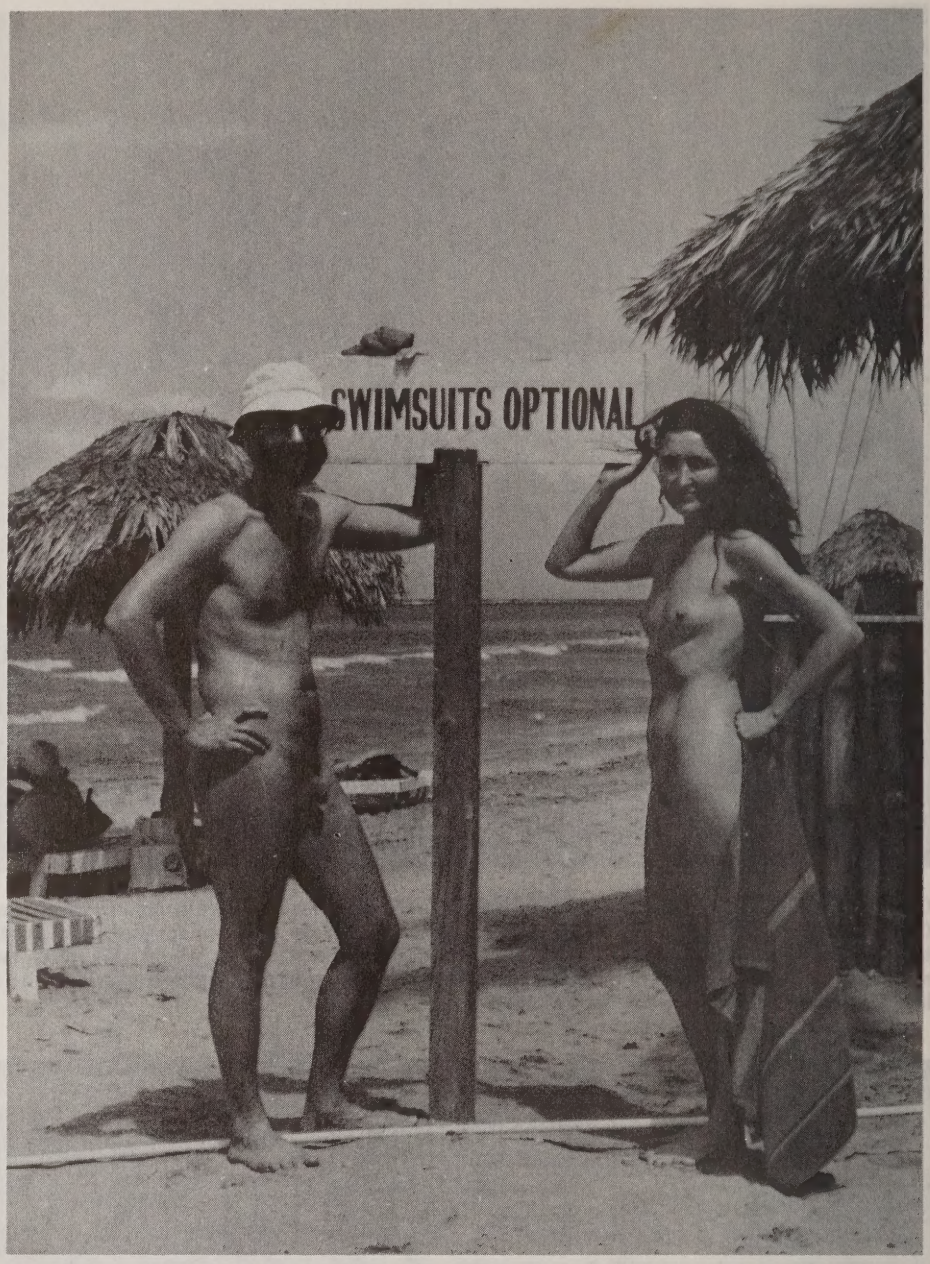
JAMAICA

Jamaica remains the Caribbean destination cheapest to reach . . . most genial to enjoy . . . and with great variety, terrific people, and a positive tourist development policy towards nude beaches. Unfortunately, not all of the law officers have gotten the message.

Negril

Near the idyllic location of Hedonism II, the supposedly accepted nudity before Firefly Cottages and on an empty stretch between Cosmos and Negril Sands Resort is often harassed by local police, notably Constable Bennett (badge #75). His superior, Lt. Hastings, seems unable to control Bennett, who is convinced that clothes do make a man moral. If you'd like to encourage government officials to do more to control underlings hostile to nudity, write of your concern to Dr. Marco Brown, Minister of Tourism, 79-81 Knutsford Blvd., New Kingston, Jamaica.

Minister Brown states official policy: "We have no law in Jamaica as regards nude bathing, although the vagrancy law can be applied. We have instructed the police in certain areas that if people wish to bathe nude in designated spots, where they are not disturbing the public, please allow them to do so. Topless is now almost a standard in many resorts of the world. Complete nude bathing we still request to be kept in specific areas."



JAMAICA: Club Caribbean's nude beach visited by Mary and Bill Kendall of Minneapolis. Some cabins are right on the beach.

Firefly is a good place to stay, whatever misunderstandings over beach nudity may have come up. % Audrey and David Sykes, Long Bay, Negril, Jamaica. Ph 809 925-5728.

Hedonism II is unsurpassed, of course, with its private, never-hassled nuding area. An exciting resort with something for everybody any time of day or night. Only access to its nude beach is for guests or for daytrippers paying $35 to enter. Reservations 800 327-9851.

Drumville Cove is secluded among cliffs and grottos, nudity no problem, at Negril's west end. Cafe, cottages. Ph 92-97291-2. Also, look at **Roots Bamboo** at the west end (no phone).

JAMAICA CANUDING!

All day canuding a fabulous Jamaican river. Or mix canuding and hiking. From $25/day/person. 15% discount to Naturists. Write:

JAMAICAN ALTERNATIVE TOURISM, CAMPING & HIKING ASSOCIATION

P.O. Box 216 Kingston 7, Jamaica

JATCHA (see below) now has a Negril office, you'll want to visit for updates, excursions: Golden Sunset, ph 809 957-4241.

Montego Bay

Seawind Beach Resort has degenerated and cannot be recommended for a stay. However, Montego has many accommodations, some inexpensive, and good bus service which swings right out to Seawind. Stay and eat well elsewhere, and take your sun at Seawind. The beach allotted to nudes isn't as nice as that for prudes, but it's the only official nude beach in town—Lodge at **Mountainside Guesthouse** and you probably can enjoy nudity right on the grounds.

Port Antonio: Hope Bay

Rio Sol Mar at Hope Bay, Portland, Jamaica, offers a nude beach where a river enters the sea. See account by M. Schloss (*CwS* 3.3).

Ocho Rios

The big news this season is purchase of the Jamaica Hilton International near Ocho Rios by Americana Hotels. The luxury complex has become an all-inclusive resort for adult couples, renamed **Eden II**. A Garden of Eden image suggestive of nudity sells the place. A new au naturel white sand beach is touted. A week costs $720 and up per person, but you can stay as few as three days, and even the massages and horseback riding are included in the price. Reservations: 800 228-3278.

Club Carib continues to be a decent buy, with one end of its beach nude. You can request your cottage there and seldom have to dress. Restaurant, disco, pool, tennis, scuba, volleyball. Reservations: 800 221-4588 or 212 355-6605.

Kingston

Jamaica Alternative Tourism, Camping & Hiking Association (JATCHA) remains your best on-island source of advice and reservations for inexpensive canuding, camping, cottages, where you may be nude. If you arrive via Kingston you might first stay at Maya, the mountain headquarters (800 927-5409). Peter Bentley, JATCHA, Box 216, Jamaica 7. Ph 809 929-7291. Mention Naturist Society for a 15% discount.

NEVIS

Skinnydipping is best done only at **Honeymoon Beach.** It is the first beach south of the airport on the road into the capital, reached by a short, rough but safe unpaved road. Pretty, with many pelicans. Beware the Manchaneel tree on this beach; its fruit and trees are poisonous!

MARTINIQUE CLUB MED offers a nude beach that is small but adequate for sunbathing and wading. Unless you're a week's guest here, access is discouraged, although in French law the beaches are not proprietary. The neighboring public beach is easily reached, once in St. Anne. It's mostly topless and much more fun, with bistros, windsurfers for rent, etc.

PUERTO RICO

Las Palmas Resort, on the south coast opposite from San Juan, has a long, romantic, beautiful nude beach with brown sand and gentle surf, quite uncrowded. Resort staff will direct you. From the resort core drive to end of the most westerly dirt road, park, walk further to the right.

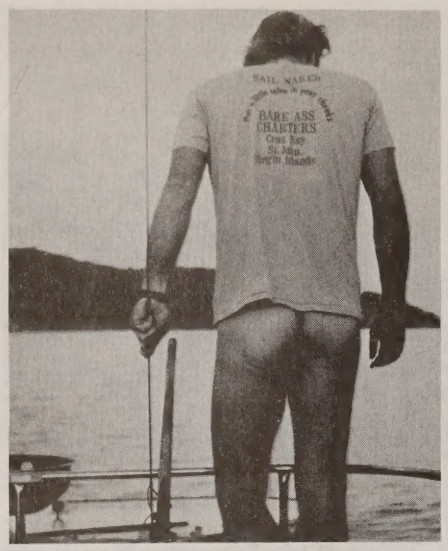
U.S. VIRGIN ISLANDS

Views of a Bare-Assed Sailor

Naturism and sailing are closely related for me. Maybe it is because both are nonconventional, alternative life styles, or because of the environment of warm breezes, the sea, and the sun, or it could be because of my anonymity in the islands that permits my experimentation with these life styles. My introduction to naturism was from a "Free Beach Documentation Center" classified ad—at least as a life style; I was raised on a farm and have always skinnydipped in the pond. However, it took several months of just corresponding before I became involved with the Naturists and decided to attend a massage workshop. I will never forget my first encounter and the realization that naturists weren't a bunch of kinky weirdos, but on the contrary, were a group of individuals, interesting, real people, willing to communicate on a level, very personal and human.

After months of considerations and forethought, I decided to test a list of priorities in my life; sailing, specifically living on a boat, and naturism were included. I left the corporate life, the three-piece suit, the nonhuman corporate ways behind and opted for a relaxed, more subdued, freer sort of life in the Caribbean. I refused to be property of big business, and broke those golden handcuffs.

Sailing, and living on the boat, has been a real challenge. It has put me back in touch with nature and life. It's exciting. It's exhilarating and stimulating. I have become more aware of my body and the exercise it requires. I have become more of my SELF. Naturism has much of the same effect upon a person. It increases your awareness of yourself and the world around you. One day you are out on a boat in a secluded cove and you wake up and just forget



"BARE ASS CHARTERS." Our man in the Virgins, John Gaston, as good as his word. To reach Bare Ass Charters: P.O. Box 8329, St. Thomas, USVI 00801.

to put on your swim suit. That evening, after a full day's sail or just a lazy day cleaning the boat, you get ready for bed and realize you've been naked all day. This realization is sometimes hard to accept. So what? Who cares? Does it bother you? How did you feel?

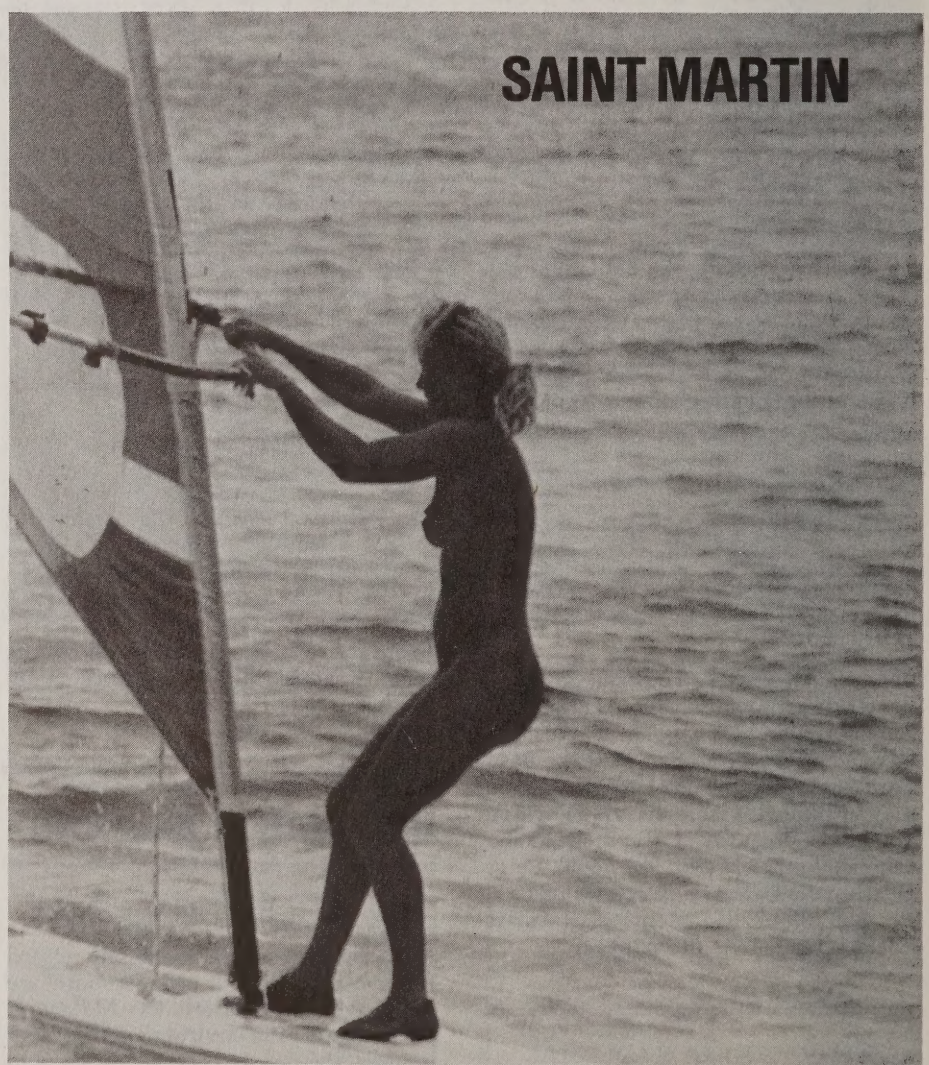
Even though West Indian culture and law require "proper attire," bare assed sailing is very much the norm here in the Caribbean. You constantly meet charter boats with bare assed crews, sailing, scrubbing the hulls, or just lounging in the sun. It's customary in the Wooden Boat Races at Jost Van Dyke in the British Virgins, the Pina Colada out of St. Thomas (a prize is given to the boat for the most candid nudity) and the Conch Shell Regatta in St. Croix. No one seems to mind, and if they do *they* can always pull up anchor and move on to another spot.

The first charter I took out sailing requested that they sun/sail *au naturel*. It was interesting to see how the various personalities changed by just removing the smallest of swimsuits. My passengers became more relaxed, more laid back, more accepting of the others and themselves. A few months later I took some people on a cruise to the British Islands. I explained from the start that I preferred to sail without clothes, if this didn't offend anyone. They didn't object, but they didn't acknowledge my comment either. They ignored me completely, no eye contact was made. At lunch time, when we were anchored, they went snorkeling. I stayed on board to tidy up the boat and then decided to go for a swim. I took off my shorts and was swimming around the boat when they returned. I remained bare assed the rest of the day and by the time we anchored for the evening some had joined me. I must admit that at first I felt a little strange sitting in front of a group of people I hardly knew, but I overcame that feeling. The next day we all enjoyed the sail and snorkeling in the buff. By the third day I had difficulty getting my crew to don clothes to clear customs.

Women seem more comfortable with naturism than men, for some reason. The most difficult part, at least for me, is explaining through words and actions, that naturism has nothing to do with sexualism. I am not flashing, nor do I intend to seduce anyone, yet we naturally equate removing our clothes with having sex. We, at least some of us, were raised to think that nudity is wrong, and certainly not an experience one could enjoy. I probably spend as much time trying to justify my nudity as enjoying it. That's ridiculous.

Naturism and sailing have given me the opportunity for many new experiences. I am much more in contact with myself. It's given me new friendships, and offered me the opportunity to share with many friends. I have rediscovered the beautiful world that surrounds me. It has allowed me to realize what little I need to exist, quite comfortably, in life; and how shackled I had become with material things. I was much too busy to listen, not to mention to see the beautiful sunsets or the clear blue water filled with abundant life.

The Naturist Society has started the ball rolling, and now it's up to us to keep it rolling.



Windsurfing on Orient Bay, St. Martin, is Chris who is in charge of the water sports at Club Orient. She and her husband hail from Australia, and sailed their own craft from Down Under to the Caribbean's only all-clothes-optional resort. *Richard Reakes photo*

FAMILY NATURIST TRAVEL

Todd, Sue and Dick Reakes are photographed enjoying a Bahamian beach, during a naturist Windjammer cruise. The family that enjoys being together in the altogether will keep together better, Reakes says.

TAKING THE FAMILY ON NATURIST VACATIONS

Richard Reakes

Relaxing on the beach at Club Orient this summer, on the Caribbean island of of St. Martin, I watched my wife and my son play smashball at the water's edge.

The thought crossed my mind of the great enjoyment of a family vacation.

However, Todd was the only kid on the beach. It seemed strange that during the middle of the summer, my 13-year-old son was the only child at the only all-naturist resort in the Caribbean. It cannot be the price alone, as Club Orient lets children 12 and under stay free. What then is the reason?

Why do so many naturist parents leave the kids behind? I feel this is a real mistake, both in parental opportunities to grow as a family, and in the child's acceptance of nudity as a normal life style.

Sue and I have always taken Todd with us, whether it be a trip to Fiji, a vacation to Hawaii, a river-rafting trip, a week at Club Med-Fort Royal at Guadeloupe, or a naturist Windjammer cruise.

We see no difference in having our son with us for a Princess Cruise to Alaska with no nudity or a Windjammer naturist cruise in the Bahamas.

I know it has helped Todd to associate the pleasure of being nude on a beach in the Caribbean and not having to worry about sand in his swimsuit to the normality of being dressed for a week during our cruise of Alaska where the temperature and conditions are totally different. Both are enjoyable to us in different ways as a family. However, only by exposing our children to both worlds can we give them the opportunity and experience to grow and hopefully pick the naturist way of life.

I think being raised this way has really helped Todd to grow up without a lot of hang-ups and curiosity that many children have at his age. Todd has grown up seeing boys and girls his age nude, and enjoying themselves whether at Black's Beach, California, or the ledges in Vermont where we visited last summer.

Todd has made friends on the beaches. He has not felt out of place on any vacation or weekend outing.

It seems to me that too many people are willing to take their children to a camp or the beach for the weekend, but not on a real naturist vacation.

Earlier this summer, Todd won a swim meet at Treehouse Fun Ranch for 13 years and older. Second and third places both went to teenage girls. What a good experience to show Todd that girls can also swim and are a natural part of growing up; yet, without the curiosity of what the swimsuit hides. It's even better when he sees nudity as a normal way of life on a vacation in the Caribbean 5,000 miles from home while meeting new people from all over the world.

It's really unfortunate that more parents don't take their children on naturist vacations as they do on their clothed vacations. I can tell you it's a great experience and does help bring the family together. It is also great fun for all to snorkle together and see the beautiful fish, find shells and sometimes even a lobster, whether on a Windjammer cruise or on a Caribbean beach.

It's a real family experience.

CENTRAL AMERICA UPDATES

COSTA RICA

A Costa Rican reader laments that we missed his country's fine beaches: "Costa Rica, with its small population, is one of the best for naturism. There is a well known beach to the south of San Jose, named "Manuel Antonio," in the outskirts of **Quepos**. Tourists come to Quepos year round for its national park. As you pass the apartotel Kahare, you are at the entrance to this beach; drive in. Park, walk northwest (right) to the end of the beach, climb over the rocks, and you are at a small cove that is always used clothes-optional by locals and visitors. Costa Rica has at least 30 secluded clothes-optional beaches."

MEXICO

This country is modernizing, eager for tourism, yet captive to a body-lacerating past which frustrates hopes that the obvious sites for appropriate nudity—the beaches of Puerto Angel, Puerto Escondido, Isla Mujeres, etc.—will ever become truly so. Anyway, here are current developments:

Acapulco

A reader reports that "on weekdays a small island offshore from Acapulco, named **La Rocquet**, gets some nude use. You can get to it in five minutes for $2 by a motorboat going from the Calleta Hotel and beach. The paved trails lead to some cute coves and beaches. Weekends it's too busy."

Cancun

5.5 km south of the Sheraton Hotel in Cancun, there is an off-road parking area off the northbound lane. It's a divided highway running to the airport, so when you spot the off-road area, take the next U-turn opportunity and come back to the parking area. Leave car and walk 200-300 yards south down the beach before you spread a blanket among the shrubs and get comfortable. This is the coast area north from Club Med.

Mazatlan

Mazatlan folk encourage the gringos to go desnudo offshore at **Stone Island** on weekdays, since on weekends they want to have well-dressed picnics on those beaches! On a weekday, find the Mazatlan Navy Yard; just to the north is "la barca a Isla de la Piedra," a 20′ rowboat with motor and awning. A 5 minute ride deposits you opposite the cruise boats on Stone Island; walk inland along the harbor edge and then follow the main (dirt) road around the hill, bringing you to the beach by a restaurant with great smoked fish. Here, you walk to the left about a mile, out of sight of the restaurant, and strip down. Sometimes a horse cart is available to get you to la playa desnuda.

Note: Developments in SOUTH AMERICA have not been substantial enough to be added to the *WG* and *CwS* 3.3 listings.

NATURIST SAILING
Panama Seas, Las Perlas Islands

Operculum is the live-aboard craft for dedicated naturists (up to four guests). Natural cuisine, skinny sailing, no frills and no high bills. Cruise in beautiful, little-visited Las Perlas Islands on West Coast of Panama. For dates, reservations, write this permanent address:

Operculum **% Le Nenaon**
Route cotiere D. 28
56470-St. Philibert, FRANCE

SITES

Do you know any established nude recreation sites we've missed?

Do you see any information that's wrong in the *World Guide To Nude Beaches & Recreation* or this Updates section?

Send us your corrections and improvements. Only readers' input has made these guides and updates possible.

Send to **SITES,** Free Beaches Documentation Center, P.O. Box 132, Oshkosh, WI 54902.

NATURAL LAW

THE LITTLE THINGS THAT MEAN A LOT!

Robert Ellis Smith

Robert Ellis Smith is a writer-attorney in Washington, DC. He publishes the Privacy Journal *which reports on the contemporary obstacles to an individual's right to be let alone in his/her choices of harmless conduct.*

Is Nudity Protected?

Most of us may think of the U.S. Constitution as protecting persons who are in criminal trouble, or those who express weighty political opinions. Indeed, the nation's founding document is widely regarded as chiefly benefitting "crooks" and "cranks."

But the drafters of the Constitution and the Bill of Rights clearly intended the documents to protect the "little things" in life as well. The courts have interpreted the Constitution in this way many times. These constitutional theories should be of help to those persons and groups wanting to argue that there is a constitutional *right* to be nude, whether in seclusion or in "public" view of others.

Right of Unorthodoxy

The Supreme Court has recognized the right of just about any activity in one's own home, including the right to be without clothes.

Add to that some dicta from the court's famous decision on stopping and frisking (*Terry v. Ohio,* 392 U.S. 1 [1968]), and you may have a recognition of unorthodox activity in public as well. The court said in *Terry* that at least the Fourth Amendment right "belongs as much to the citizen on the streets of our cities as to the homeowner closeted in his study to dispose of his secret affairs." Is it valid to argue that this language protects the right of nudity "on the streets of our cities" or, at least, in consensual surroundings?

Maximum Freedom

The U.S. Supreme Court has said the Constitution provides a right *not* to salute the flag, as well as to salute it; a right *not* to pray, as well as to pray; a right *not* to be required to work on a Sabbath; a right *not* to have to submit to a physical examination; a right to appeal a $10 traffic fine; a right to stroll the streets free of questioning; a "right to loaf"; a right to an explanation before a public utility shuts off the electric power. The court's latest recognition of these "ordinary people's rights" was in May 1983 when it invalidated a California law requiring an individual stopped on the sidewalk to provide "credible and reliable" identification when requested by a police officer who suspects criminal activity. (*Kolender v. Lawson,* 461 U.S. 352 [1983].) Associate Justice Sandra Day O'Connor wrote in this case: "Our Constitution is designed to *maximize individual freedom within a framework of ordered liberty."*

At least four places in the Constitution direct the courts' attention to the protection of the little things in life. For instance, the Fifth Amendment says no person shall "be deprived of life, liberty, or property, without due process of law." In 1958 the Supreme Court said, "The right to travel is a part of the 'liberty' of which the citizen cannot be deprived without the due process of law of the Fifth Amendment . . . Where *activities or enjoyment, natural and often necessary to the well-being* of an American citizen, such as travel, are involved, we will construe narrowly all delegated powers that curtail or dilute them." (Emphasis ours—ed.) The court went on to say that the right to travel "may be as close to the heart of the individual as the choice of what he eats, or wears, or reads"—or, presumably, chooses *not* to wear. (*Kent v. Dulles,* 357 U.S. 116 [1958].)

In dissenting to a Supreme Court decision permitting a police department to regulate officers' hair length, Associate Justice Thurgood Marshall stressed this right to wear what one wishes. (*Kelley v. Johnson,* 425 U.S. 238 [1976].) He noted that one delegate to the Continental Congress in 1789 argued that there was no need to spell out every single right possessed by the American people. The delegate said that his colleagues could write into the Constitution that a person had "a right to wear his hat as he pleased" but that everybody knew this and there was no reason to include this in the enumerated rights. *Cannot the same be said of the right* not *to wear clothes?* And the right *not* to do so *anywhere?*

There is in fact a Constitutional amendment that recognizes the unenumerated rights left to the people. The Ninth Amendment reads, *"The enumeration in the Constitution, of certain rights, shall not be construed to deny or disparage others retained by the people."*

The late Justice William O. Douglas said for a unanimous court in 1972: "These activities are historically part of the amenities of life as we have known them. They are not mentioned in the Constitution or in the Bill of Rights. These unwritten amenities have been in part responsible for giving our people the feeling of independence and self-confidence, the feeling of creativity. These amenities have dignified the right of dissent and have honored the right to be nonconformists and the right to defy submissiveness. They have encouraged lives of high spirits rather than hushed, suffocating silence." (*Papachristou v. City of Jacksonville,* 405 U.S. 156 [1972].)

This kind of language seems also to justify an American's desire to sunbathe, swim, or otherwise play in the nude, free of government interference.

In concurring with the highest court's decision that legalized abortions in 1973, Douglas described three levels of rights:

"First is the autonomous control over the development and expression of one's intellect, interests, tastes, and personality.

"Second is freedom of choice in the basic decisions of one's life respecting marriage, divorce, procreation, contraception, and the education and upbringing of children.

"Third is the freedom to care for

one's health and person, freedom from bodily restraint or compulsion, freedom to walk, stroll, or loaf."

Douglas would permit no state restriction in the first category; only narrow restriction in the second; and in the third, "regulation on a showing of 'compelling state interest'." (*Roe v. Wade,* 410 U.S. 113 [1973].)

Naturists have long proclaimed that nudity offers "freedom from bodily restraint." An attorney might reasonably include this assertion in his or her argument, and point to Naturist literature that stressed this freedom long before the litigation arose. It is important to note, however, that even Justice Douglas (who was a prominent nature lover and environmentalist) would permit reasonable restriction in his third category of rights if there is a "compelling state interest." This is still the prevailing view of the courts.

In order to restrict liberties of this kind, a state legislature or local council must show such a "compelling state interest." Without this showing, its legislation can be invalidated if it significantly infringes upon individual rights. Generally the reference will be to moral standards. Such assertions often can be shown to be "overbroad" by constitutional standards, prohibiting innocent behavior (such as skinnydipping, it would be argued) along with behavior of legitimate concern to the government.

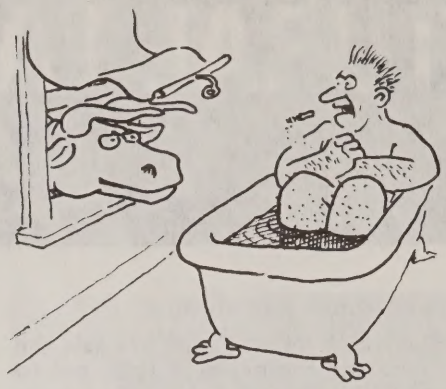
Right to Privacy

Third line for the defense of nudity is the constitutional right to privacy.

The Burger Court has restricted the constitutional right to privacy to these areas: Procreation, childrearing and education, marriage, contraception, and family relationships. The current court's restrictions thus leave out lots of nonmarital, nonparental, nonsexual matters that most people think are private; Douglas' formulation seems to include a broader recognition. At any rate, naturists arguing that their right to privacy protects their activities would be wise, at least in the Burger period, to litigate a nudity case strongly involving and invoking "child rearing and education . . . family relationships."

Right of Expression

Finally, the First Amendment also protects some of these "simple things" inasmuch as they are the extensions of the free expression of beliefs—the wearing of a symbolic emblem in a school, for instance. One could argue that the only



James Donnelly

"How dare you violate *my* privacy?"

way that he or she can adequately express beliefs about nudity and naturism is to appear in the nude, before others.

There is some credibility in this line of argument. But the courts have always been careful to distinguish under the First Amendment *beliefs* from actual *conduct* based on that belief. Another caution to this argument (though not an absolute prohibition) is that it was used in the past and failed. In 1975 a federal court in Massachusetts said: "There is little in (nude swimmers') conduct that merits First Amendment protection. While there may be an element of nonverbal expression inherent in nude bathing, its communicative character is less perceptive than (display of a flag or an armband in political protests)." (*Williams v. Hathaway,* 400 F. Supp. 122 [D. Mass. 1975].)

Skinnydipping A Substantive Right

Courts have been split on whether the Constitution protects some of the other simple rights, like breastfeeding in public or on the job; declaring a nonrelated group a family regardless of zoning ordinances restricting occupancy to one family; permitting a father to be in the natal delivery room of a hospital; or holding a job regardless of one's hair length or dress style.

The simple pleasure of swimming without clothes—skinnydipping—*has* won constitutional recognition. In 1975 the federal district court decision in Massachusetts declared:

"Although it matters little where this substantive right is found in the Constitution, I hold that (the right to bathe in the nude) does exist and find its base (in the) Fifth Amendment . . .Indeed the personal right to bathe in the nude on a beach . . . is not of such significance that it can be considered a fundamental right. (But there) is little chance that passers-by will be subject to (these) activities." (*Williams v. Hathaway,* supra).

Is the court saying that nudity in view of passersby would not be protected?

By the same token, the courts have recognized "the desire to shield one's unclothed figure from view of strangers, and particularly strangers of the opposite sex . . . compelled by elementary self-respect and personal dignity." In 1891, in upholding the right of one to resist a compelled physical exam in a train wreck lawsuit, the Supreme Court said unequivocally: "The inviolability of the person is as much invaded by a compulsory stripping and exposure as by a blow. To compel any one, and especially a woman, to lay bare the body, or to submit it to the touch of a stranger, without lawful authority, is an indignity, an assault, and a trespass." (*Union Pacific Railway Co. v. Botsford,* 141 U.S. 250 [1891].) Can sincere naturists turn this around, and argue just as strongly that compulsion to wear certain clothes in certain areas is every bit as much an indignity?

Compulsory restriction of body freedom, especially in the water, on the beach, in the woods, and in open fields, *also* diminishes "the inviolability of the person."

Personhood

A judge who sat on the Fourth Circuit Court of Appeals in Richmond some

"We loved Firefly resort."
—M. Schloss

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years ago—J. Braxton Craven Jr.—preferred to articulate a concept of "personhood." He said:

"An individual should retain the right to engage in any form of activity unless there exists a countervailing state interest of sufficient weight to justify restricting his conduct. This is the essence of personhood; a rebuttable presumption that all citizens have a right to conduct their lives free of government regulation.

"All would agree that there is a 'right' to wear a bathing suit on a public beach. Controversy begins as the suit diminishes. The proper question is not whether a person can or must wear a suit (who would say he must in his own bathtub?) but whether the state's interest in decorous and moral behavior is of greater weight in the particular instance."

The law, it's said, will not concern itself with trifling matters. But when it comes to simple *rights* that *may seem trifling to many Americans,* the courts will look to the Constitution, if to ignore the right would diminish the autonomy of the individual.

Craven's language tells us that cases involving nude behavior are not a matter of ridicule for the courts.

The Building Blocks

Lawyers who challenge a law on the books or a regulatory scheme will use what amount to constitutional building blocks. They borrow a theory here, a case there, and useful language from a dissent, a concurring opinion, or a majority opinion. They then try to convince a court that all the building blocks make a pyramid, the logical conclusion being that the constitutional right being argued for ought to be recognized. The idea of the game really is to convince the court that your position is a conservative one. The effective lawyer argues that in recognizing this constitutional right the court is not taking a great risk. Rather it is recognizing a right not previously enunciated, but obvious from all the prior court decisions.

Possibilities

Williams v. Hathaway (1975, supra) enunciated a substantive constitutional protection for social nudity on public lands. This is based on the sphere of personal liberty of the individual, subject to reasonable intrusion by the government in the furtherance of legitimate governmental interests. (In this case the court found for such an interest, the conservation mission of the Cape Cod National Seashore.)

This decision has been called the "Magna Carta" of nudity rights on public lands, and indeed it is where the argumentation now begins. Essentially, the court found that the Constitution does protect sunbathing and other nude activity, but that the government can come up with reasonable regulations to provide for public order and safety and other legitimate ends of government.

Does this mean that the government should not only *tolerate* such nudity, but should also *provide for* the safety and orderliness of its practice by citizens on appropriate public lands? This, I think, can be reasonably argued.

A nude beach can be compared with a parade. If there is a First Amendment right to have a parade down the street, then it would be illogical for a court to wholly restrict that right by saying the parade would tie up traffic. In general, the courts are obligated to provide for the establishment of constitutional rights *in practice*. Thus the right found to exist in *Williams v. Hathaway* could be provided for somewhere in the Cape Cod National Seashore, if not at the spot where the court restricted it in that decision. The courts have ruled with regard to parades and the like that the government may reasonably regulate only the *manner*—parade route, volume of loudspeakers, etc.—but not the *substantive* conduct.

Counties and other government units that have recently passed so-called "mere nudity" ordinances—prohibiting nudity, without the stipulation that lewd or indecent behavior has to be proved—assume that they have an unrestricted right to eliminate the so-called public nudity. The best leverage against this trend is the *Williams v. Hathaway* decision.

If local officials are in the process of writing such legislation, naturists must seek to convince them that if they proceed they're going to get their constituencies into constitutional challenges that can cost a lot of money.

The local units are governed by the constitutional guarantees of "the simple rights" as much as are federal officials.

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SEXUALITY & LUST

What's the Matter With You Naturists . . . DON'T YOU KNOW THAT THE ONLY TIME YOU SHOULD TAKE YOUR CLOTHES OFF IS TO HAVE SEX OR TAKE A SHOWER?!! . . .

And both of these events are done in private. There isn't a crowd of strangers "watching." Well anyway, that's the way I grew up. I really don't know for sure where that message came from. Perhaps it was a combination of TV, parents, relatives, and Catholic school.

In the past 20 years, that "nude" message has continued strong in our American society. What keeps that shower/sex message firmly in place?

I think it started with *Playboy* magazine. For years, *Playboy* was considered a "dirty" magazine. After all, there were naked women posing in ways to arouse men sexually. No partner necessary. Many people in America feel this is "dirty." The men who buy the magazine feel it's just fine.

Next came legions of other "men's magazines," busy playing "can you top this?" This, of course, led to showing ALL of the female anatomy. Once that was done the senses were dulled.

Then came "What can we do now with the female body to arouse the male reader?" This gave rise to intense competition and the birth of *Hustler* magazine. Making no concessions to respectability, *Hustler* pulled out all the stops to reach the goal: Sexually to arouse the male reader.

I guess it worked. You can buy *Hustler* at your local 7-11 family store.

That's relatively few magazines, you might say. You're right, but then there was television. Ah, television! "Leave It to Beaver," "Father Knows Best," and "The Ed Sullivan Show" were typical "clean" standard TV fare.

But then it started. At first in movies that were shown on TV. Then movies made for TV. Then in regular TV series, then the comedies. The words and ideas about sex came first. Then, yes, then came . . . the naked human body. Um, the female naked human body, that is.

The leaning or tendency is always there. And the core-word that sums up all the activity I have described is this word:

LUST

Before you get upset, let me give you my definition of lust:

> Lust makes a person some-*thing* rather than some-*one*.

Example: Three guys, cruising around on a Saturday night, see a girl on the street whom they find quite attractive, so they shout: "Wow! Did you see the boobs on that broad?!!" Boobs? Broad? I thought she had breasts. I thought she was a girl, or a woman. No! *Lust* dictates that she has boobs and that taken in total, she is only a "broad." No longer some-*one*, she has been turned by those young men into some-*thing*.

Page through the men's magazines. Watch the movies. It's *Lust*. Male lust.

In what other sectors of American life can you find lust? Well, let's see. There's the obvious, like Times Square in New York City with its many storefronts touting, "All NUDE!" "ALL HOT!" "TOPLESS!" "BOTTOMLESS!" There are the massage parlors and peep shows, and it's all for men. Every city has a center like this.

A woman who needs money can capitalize on this thing called lust. She can become a prostitute.

Lust has always been on earth and the only difference between now and all of western Civilization is that it has become very public and more acceptable than ever before to lust after a woman.

I'm not too much concerned with the proliferation of the above-mentioned centers. Men still are ashamed to be seen there, and pornographic bookstores in small towns still have back entrances and alley parking.

No, the lust that bothers me is the kind that takes place in millions of marriages. This is the worst kind of all. I wonder if you'll agree.

The Secret Life of Husband & Wife

It seems so much a part of American life. Husband and wife, family, home in the suburbs! So good, so right, so acceptable. But I've begun to see it starting in my own marriage. *Lust.*

It's all done in secret. No one was around. The kids were asleep, and I was "in the mood." Turned on as they say. So I approached my wife. At first nicely but she rudely pushed me away. Still aroused by lewd images I pick up watching "adult" movies and the "Solid Gold Dancers" I urged my wife, "C'mon honey, don't you love me?" She replies, "My head hurts, I've had a hard day with the kids and you want to satisfy yourself. Well, you sure don't love me 'cause if you did you'd leave me alone!"

Now I was mad! Suddenly, rather than love her, I wanted to hit her. I was insulted.

Lust does not take no for an answer, especially in men who have little self-control.

But the truth is, she was right. If I did really love her the best way to show real love was to consider her feelings and let her rest.

Well, what did my lust have to say about that? "No way sister! I've got my needs too!" I pushed and she pushed back. We had a fight. I was turned off and went to bed mad. (And in public, I am considered to be a "nice guy." Little does the public know and little will they admit.) That night I wasn't nice. Not even a little bit nice.

My wife fought back. She knew I wasn't interested in an act where two people are mutually fulfilled ending in an even closer and more intimate relationship. I wanted to be satisfied and I needed her body to do that. She knew somehow that I was approaching her as a thing, not a person.

But that's lust. Don't expect anything better of a man who has given himself over to lust.

Lust uses no reason or logic. Men should pay close attention to their conscious thoughts when "lusting." You'll find the same characteristics overcome you: A strong mental focus on the female subject's body to the exclusion of everything else. Your immediate environment fades in importance. Children, friends, conversation, everything!

It's amazing. I remember a Caribbean cruise that Nikki Craft took recently and reported (*CwS* 4.2). Nikki was mad at a photographer who was taking pictures of naturist women on the deck. Nothing wrong with that. Right? Wrong. He was using a telephoto lens, he shot from a rather unobvious location, and without the woman's consent.

Why do I say he was wrong? Simple. He was trying to hide. He didn't care about her permission. None of that was important because that photographer's model was a something to photograph, not a someone.

If I don't miss my guess, a considerate male photographer would have walked up to his proposed model and explained his honest intentions with the photos, then asked for her permission and cooperation. If denied, the considerate man would have dropped the idea. *But not lust.* Lust would have taken the photos anyway, with a big telephoto lens for "hot" closeups!

I hate lust. I hate it in myself because it's not how I want to be. But women hate it more. They want their feelings and thoughts considered, especially in a physically intimate relationship. Sorry to say, a man controlled by lust will never fill the bill.

What's All This Got to Do With Naturism?!!

Everything. It should come as no shock when I tell you that I am not a naturist. I have never even gone skinnydipping in the lake late at night.

But I've seen something among the naturists that's as rare as icicles in Hawaii: Nudity with the absence of lust.

I'll never forget the first time I looked at a *CwS* issue. Men, women and children all naked. They were playing music and volleyball, riding horses, eating lunch, petting animals, swimming, all without clothes on! I was shocked.

For years I looked at men's magazines packed with women (none of them blemished or overweight), all of them naked in poses of submission. All with engaging come-and-get-me grins and chests out shoulders back. But in *CwS* there was not one of these to be found. Maybe, I thought, there's a lust-arousing article about fun things to do in hot tubs. But no! Instead, I found an article about hot-tub etiquette. How to make first-time visitors feel more comfortable by giving them a private changing room, and other thoughtful measures.

Article after article, picture after picture. Not a speck of lust could I find.

These people had taken off their clothes for a brand new reason. A reason I could not comprehend or understand. Men treated women with respect and courtesy. Women relax and can be themselves, as there are no strategies set up with clothes, and men and women play fewer mind games.

Naturists, I congratulate you. You have excluded from your code of behavior the very thing our society fears. Lust. Because our society still believes that the only reason you take off your clothes is to have sex or take a shower.

They hate you because there is no lust in your groups. *Lust is the dividing line between our society and the naturists.*

Does nudity automatically mean lust? Naturists prove the answer is no. Lust loves a hiding place, and there's no better place to hide than in clothing and closed doors.

As a non-naturist, I believe that your court battles will be won politically as you increasingly teach society that the problem is NOT a question of clothes or no clothes. It is this question: *What can a man do about his own lust?*

—Larry Bilotta

THE FROG PRINCE

Naked women unaware of my gaze,
Lying in such child-like trust,
Know you nothing of men's mental malaise,
Looking for the sake of lust?

Are you not concerned, being thus exposed,
Bare before the mind of man?
Some may be princes, but many are toads Ogling at your total tan.

But what else to do, O Lady so pure?
Squirm like a worm on a hook?
Should your calm brown frown, fearing to allure,
Your eyes suspecting each look?

Nay, this is not peace, not health for the mind;
Nor would a wrap bring true rest.
Though covered complete, yet would he find
Food for his fantasy's fest.

Lady, I look at your beauty all bared,
At the peace your face exudes,
Too great to defile, even if I dared,
Your grace lulls all lustful moods.

Your health of mind is greatly contagious;
Your calm is captivating.
My mind disarmed, I do the courageous,
My fears capitulating.

From frog to prince, responding to your spell,
Naked I stand before you.
No thoughts to hide, no perversions to quell;
Your freedom I now share too.

—JC Cunningham

ABOVE: Bare Backpacking in Indian ruins on a cliff in Southern Utah. See story.

RIGHT: Hugh Kilmer with two daughters enjoy the Peterskill streambed, below Lake Minnewaska in New York State.

CENTER: The North Carolina Naturists at a kaolin mudpit. Afterwards, it washes off in a pond.

BACK PANEL: The underwater birth of a child to the Star family of Austin.

Photo credits - Top: University of the Wilderness/William Mounce. Right: Fred Gerty, Jr. Centerspread: Carl Flick. Back Panel: Peter Gonzalez.

WATERBORNE
BIRTH

MASSAGE AND PEACEFUL PREGNANCY

Review by JoAn G. Easton

Massage & Peaceful Pregnancy; A Daily Book for New Mothers and Fathers. *Written and Photographed by Gordon Inkeles. 142 pp. Many B&W photographs. $8.95 softbound. Putnam: NY, 1984.*

"Superb" is the first word that comes to mind in examining this new book by the author of *The New Massage,* which The Naturist Society distributes.

Inkeles has a thorough knowledge of massage. He understands the anatomical, physiological, and psychological changes brought about by pregnancy. His photography of expectant parents, practicing appropriate massage in the nude, is exquisite.

The fathers are shown as applying massage techniques in birth preparation, to afford relaxation, and to communicate the love and concern that is invaluable to the woman carrying their mutual child.

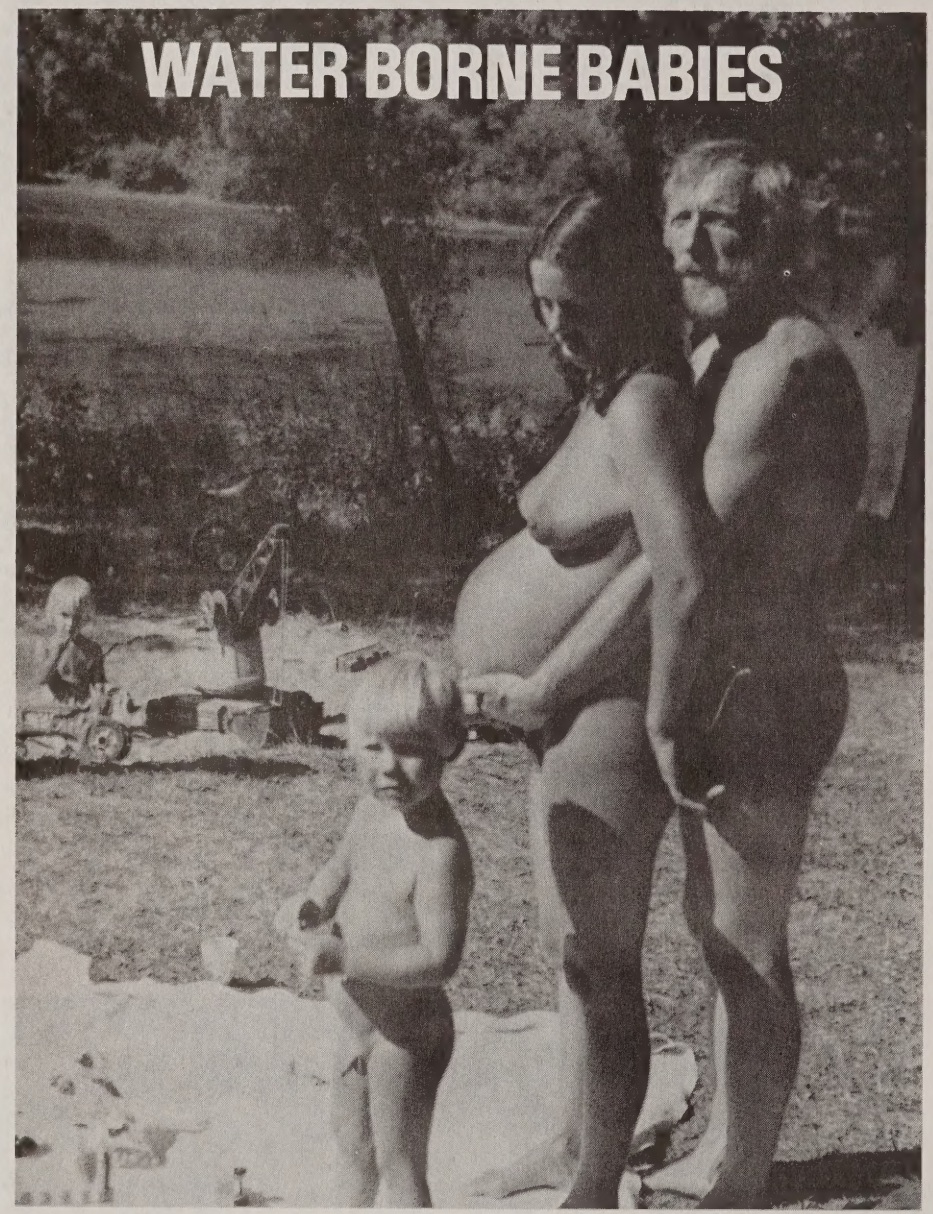
Reduction of cramps, improved circulation of the blood, and relief from shoulder and neck tension, constipation and cramps, are among the benefits. Inkeles translates it all into a daily, easy-to-follow guide to "fluid massage release" that almost anyone will find rewarding.

Postpartum massage, to restore abdominal muscles, ease depression and relieve pressures that may block milk flow, is also presented. An introduction to the massage of infants is included.

Massage & Peaceful Pregnancy is a great gift for expectant parents. I also recommend it to massage groups.

NATURIST FAMILIES

WATER BORNE BABIES



At Steph's Pond, where Naturist Rochester gathers, owners Gary Nichols and Judy Camp anticipate birth of their child Mark. It occurred at the Schloss home in September 1983, with all in attendance nude, including midwives. *Mary Lou Schloss photo*

JoAn G. Easton

Giving birth into water???

Yes. There are even accounts of its occurence into water-filled canoes in primitive societies.

French medical annals of 1805 record an underwater birth.[1]

But it is not essentially a traditional phenomenon. Only in the 20th Century has significant research been done leading to extraordinary discoveries only now coming to be well appreciated. Naturists should be among the first to understand the revolutionary implications for the future of birth and child-raising.

About Michel Odent

Two names have become synonymous with underwater birth. The methods of Michel Odent and Igor Tjarkovsky center around the same subject, while their goals and philosophies differ. The methods of both are available and practiced in the United States, as we shall see.

Michel Odent is a French physician practicing at Pithiviers, 50 miles south from Paris. His philosophy holds:

"Obstetricians should relinquish their power over birthing women, and give it back to other women."[2]

Odent displays deep understanding and respect for birthing women's rights and needs. His techniques of birth under water to relieve pain and to relax delivery are transforming the world of obstetrics.

His philosophy is one of total freedom for the mother. To deprive her of control during childbirth is harmful, he holds, to both her and the baby. He adds that the attendants at birth should be midwives who have themselves experienced childbirth.

The birthing center at Pithiviers is designed for the mothers' comfort and convenience. The labor room is homey with lights kept dim. It is carpeted and a platform area strewn with pillows allows the mother to labor as she pleases, in any position she finds is beneficial.

The birthing area has an atmosphere of peace so the mother can relax. A nearby room offers a pool filled with warm, body-temperature tap water. Women usually enter the pool at 5 cm dilation but they are free to do so whenever they feel the need. The pool is optional—its popularity attests to its success.

Years ago Odent noticed that birthing women seemed to have an affinity for water, and that warm water seemed

to relax them. He also reached the conclusion that to force a woman to lie down during labor is unnatural.

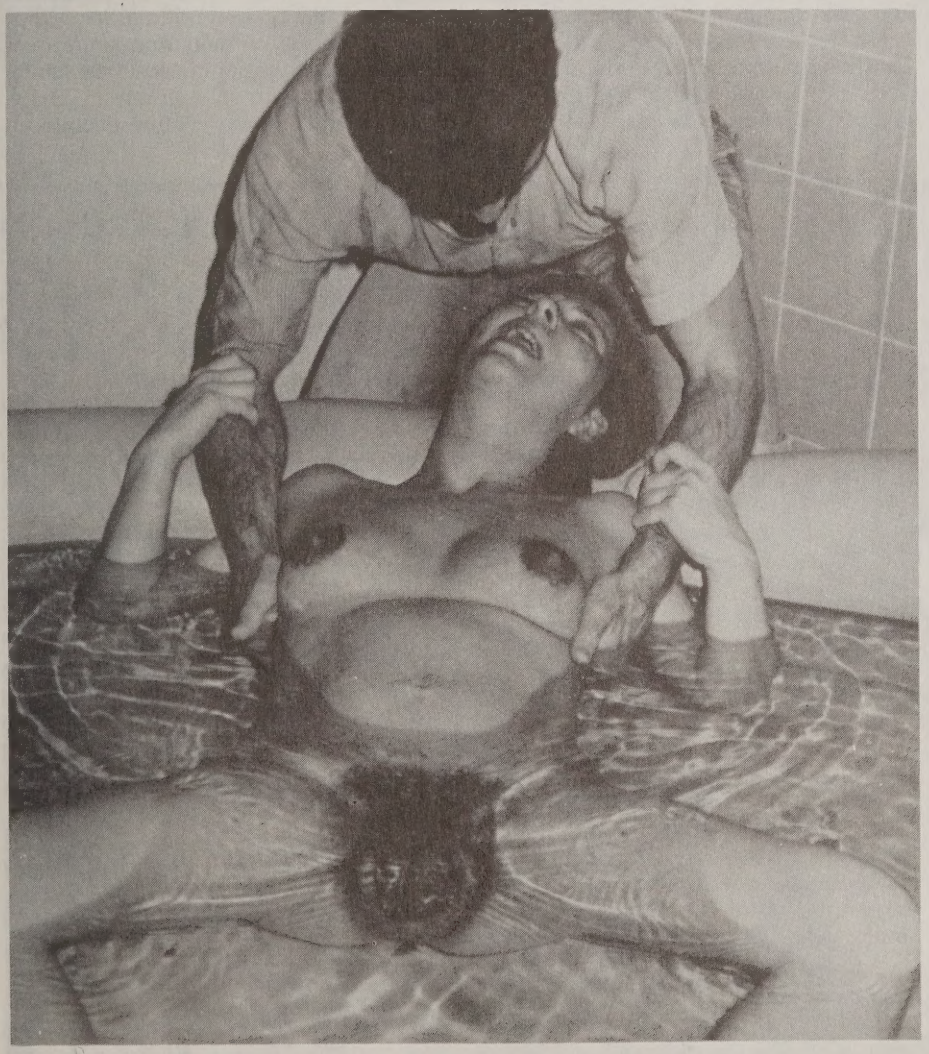
Prior to establishing his practice at Pithiviers in 1962, Dr. Odent had spent his military duty in Algeria. There he saw native women giving birth as they chose, usually squatting. When he subsequently studied how European-trained doctors forced the women to labor on their backs, and how they objected to this, he began to question the traditional European positions and methods of birth. He concluded that mothers seem to seek instinctively the position for labor that is best for them.

Dr. Odent merged his obstetrics training with his philosophy of the mothers' need and right to find their own best ways, and the resource of a warm-water pool as the medium of labor. Soon a new method of birthing had come into existence. Mothers were relaxed by the freedom and options during labor. If they chose to they could spend part of all of their labor in the warm waters which could ease their exertions.

The heat of the water induces relaxation. It also reduces adrenaline secretions and is conducive to alpha brainwaves to relax the mind, as Dr. Odent's just-translated book *Birth Reborn* relates.

The woman's relative weightlessness deters interference with her contractions from the effects of gravity. It relieves much of the concern over positioning for labor.

Even high-risk mothers benefit from the pools. Dr. Odent introduces such women to the pool well before delivery, to determine whether they will be able to relax and give birth without surgical intervention.



The baby crowns in a pool birth at the Dr. Michel Odent center at Pithiviers, France.
Michel Odent photo

The second stage of labor begins with the baby's head emerging from the uterus and entering the birth canal. At this stage the woman may of course leave the pool. Many choose to remain and to complete the birth under water.

Is the baby's life put at risk in being born this way? On the contrary—the absence of harsh temperature and pressure changes, in making its transition from an environment of natural amniotic fluid to that of the warm pool, is markedly lacking in trauma for the infant. Here is the ultimate in being of gentle birth!

There is *no* danger that the newborn will drown. According to an article by Dr. Odent in the British medical journal *The Lancet*, water inhalation is prevented due to an apparent inhibition of the carotid chemoreceptors during the procedure.

All underwater births at Pithiviers have been successful, without any complications for either mothers or children. Based upon experience with 100 births under water, Dr. Odent's study concludes that risk is absent. In comparison, the rate of birth complications in an average American hospital is unusually high and the rate of infant mortality in the United States is above that for many Western nations.

At Pithiviers, not only were there no infant or maternal deaths. There were no infections, and no need for episiotomies. Dr. Odent's method offers safe and gentle birth to the baby with trauma reduced to the minimum. The mother benefits by an approach to labor and delivery that is natural, free of drugs and surgical intervention. It offers her the freedom to labor or deliver in any position she chooses. She can labor inside the pool or deliver there, or she can spend only part of her labor there. The determining factor is not the medical personnel, but the mother who knows and takes responsibility for what is best for her and her child.

The idea that women are best qualified to take over the field of obstetrics is not shocking to most women; but the traditional field of obstetrics has ignored this. Dr. Odent's philosophy that birthing belongs to women and midwives is hopefully the beginning of a movement to liberate obstetrics from the domination of men. It is up to women now to assert their wishes.

Dr. Odent is the author of *Entering the World: The De-Medicalization of Childbirth* and the new book *Birth Reborn*. He has lectured on nutrition and obstetrics at hospitals, universities,

and such international conferences as that of the International Childbirth Education Association just held in St. Louis, and the La Leche League Physicians Seminar. He is known and respected throughout the world by both the medical community and the general public. He plans to retire and leave the field of obstetrics to midwives, Dr. Odent told Sandy Jones in *Mothering Magazine.* He wants to ". . . take a look at the whole malaise of civilization." Address: Dr. Michel Odent, Centre Hospitalier de Pithiviers, 45300 Loiret, France.

Igor Tjarkovsky's Water Babies

For Igor Tjarkovsky, underwater birth is just the first step of a continuing program of underwater training to produce a generation of children who will be superior physically, emotionally and mentally to the human beings of the present.

As an athletics coach at Moscow's State Institute of Physical Culture in 1962, Tjarkovsky saved his prematurely-born daughter, weighing 3½ pounds after seven months gestation, by placing her suspended in a tank of warm water.

Her small body's oxygen and energy requirements were reduced due to relative weightlessness in the fluid medium. All the available nutrition and energy could be focused on survival and thriving. She was removed from the tank only to be breastfed and cleaned. In a few months she surpassed other infants her age in growth and development.

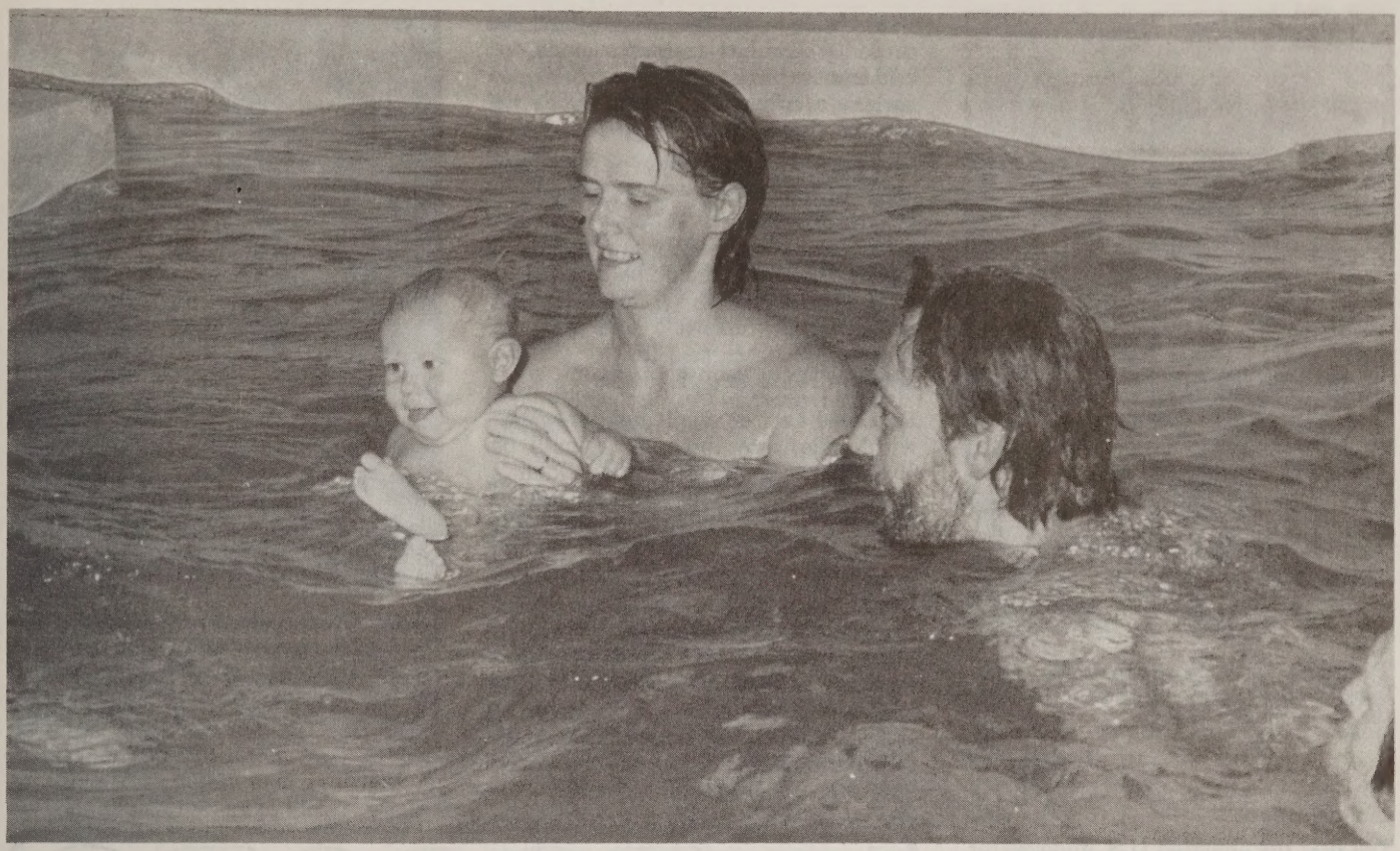
Impressed by these results, Tjarkovsky researched biology and chemistry and began to experiment with animals to discover why an aquatic existence produced such positive results. Soon he extended his birthing experiments to humans. Working at the All-Union Scientific Research Institute for Physical Culture in Moscow, this Soviet investigator has shaken scientific thought with his discoveries.

The prolonged suspension in water is found to improve development of the brain tissues. More energy is available for the nutrition of the brain, with the body largely relieved of the forces of gravity. Experiments also show that less stressful conditions are visited on the brain cells when the infant's physical environment minimizes pressure and temperature changes and trauma.

Tjarkovsky also discovered the infant is susceptible to the bioenergetic field that envelopes it outside the water. He learned by experiments that "sensitives"—people who direct a positive energy to the biofields that can surround a mother and baby—can reduce infections and prevent the negative-energy disturbances that fear causes. Tjarkovsky has developed a system of instruction and training to aid mothers in averting fear, thus displacing the negative atmosphere that would harm children.

Tjarkovsky is a trained midwife and has been present in the water at over 50 underwater deliveries. Bright lighting and loud noise near the deep glass tank is avoided as the midwife assists a freely-standing woman in labor. When the newborn is delivered under the warm water it is permitted to remain for some time in the water. Erich Sidenbladh's *Water Babies* declared it

The Pithiviers birth center. The newborn emerges to the air and the nipple. *Michel Odent photo*



Schloss baby and parents enjoy the basement pool where Naturist Rochester members gather weekly. *Andrew David Hazy photo*

was only a short while, but an episode of TV's Omni show documented a Tjarkovsky water birth where the baby remained under the water for ten minutes before it was removed. Generally, the mother is allowed to lift the baby for its first breath of air when she feels it is right to do so.

For Tjarkovsky, this is just the start. Next comes the training of the water babies with their mothers. First, a series of dipping exercises, with the baby nursing at the breast under water and signalling, by ceasing to suck, that it needs to surface and breathe. Then come swimming, diving, retrieval, and underwater walking exercises. The child's lung capacity and breath control are all the while developing, as are muscular strength and coordination. These babies are able to walk by the time they are three months old. Development of their alertness and intelligence is precocious.

Experimenting with dolphins and children together in a tank, Tjarkovsky has found evidence of communication between the gentle aquatic mammals and the waterbabies. Best publication to date on Tjarkovsky's tradition-shattering discoveries, and how they are put into practice in the Soviet Union, is *Water Babies*, by Erik Sidenbladh, copiously illustrated with pictures of children being born and trained under water. Critiques by a gynecologist, a pediatrician, and a child psychologist offer an excellent analysis of Tjarkovsky.

His work and findings are so startling that much of the medical world has remained aloof, especially regarding Tjarkovsky's dream of a super harvest of children who will change the trajectory of human evolution. Yet it seems that traditional medical assumptions will have to be altered in the light of his results.

What Impact?

If underwater birthing and child development were isolated from application, we would regard them as ideas whose time hadn't come or as flawed concepts. However, the applications have been coming.

Estelle Myers—The Australian "Dolphin Lady"—has introduced Tjarkovsky's methods to her Rainbow Dolphin Research Foundation at Tutukaka, New Zeland. Alarmed at the slaughter of the aquatic mammals, Myers campaigned to stop the dolphin abuse. She now researches the communications possibilities of children with dolphins and sponsors underwater birthing. She hopes to facilitate the emergence of generations of more gentle, humanly interactive, intelligent and playful people, a homo delphinus or "dolphin humanity" that will thrive on cooperation and peace. She is aware that many will find this objective utopian if not daft. But she believes the greater adaptation of our species to water, and within the waters to the most social and nonaggressive of mammals, will fundamentally alter the human future towards understanding and kindness. Rainbow Dolphin Center, RD 3 Dolphin Place, Tutukaka, New Zealand.

Estelle Myers has been a New York television journalist, a marketing manager and writer. An encounter with dolphins off Queensland, Australia in 1980 changed her commitments and her life. She is aided in the research and popularization of underwater births by Judith Gould who has done much to bring this birthing alternative to wider knowledge. J. Gould, 1427 No. Laurel Ave. #9, Los Angeles, CA 90046.

The peoples of the Pacific Basin have maintained a special sense of common ties with the mammals of the sea. *Larry Foster*

Ancient Greek mariners were persuaded that the dolphin represented the vital powers of the sea. This sculptural relief of bare, winged children riding dolphins, conveys the sense of nearness and wonder of nature in that distant era.

US Resources

The first documented U.S. underwater birth is that of Jeremy Lighthouse in 1980. Parents Jia and Patrick Lighthouse decided on the Rebreathing preparation technique, a mix of yoga, breathing, and isolation tank exercises whereby the mother strives for an altered consciousness to face and relive the trauma of her own birth. So doing she may give birth to her child without fear. Witnessing the Lighthouse underwater birth, Rima Star, a friend, decided with her husband to use the same techniques in the birth of her child. Soon after Mela Noel Star was born in November 1981 the **Starheart Society** was launched to communicate the method.

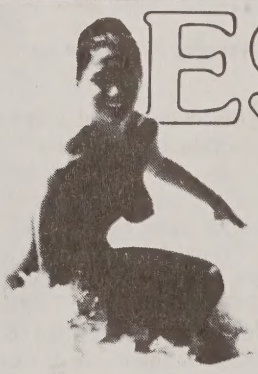
Rima Star is presently studying midwifery and expects her second child in July. It will be born underwater in Portland, Oregon. Star is forming an **Alternative Birth Center,** Starheart Society, P.O. Box 3537-168, Austin, TX 78764.

The **Natural Childbirth Institute** of Culver City has sponsored underwater birthing. The researcher is Susan Luddington, Ph.D., a professor of nursing at UCLA who has studied with Dr. Odent and is a certified nurse midwife. 10862 Washington Blvd., Culver City, CA 90230.

The **Biogenic Health Foundation** of Santa Monica, California is a rebirthing center which has trained women for underwater births using the techniques earlier described. 1544 Sixth St., Santa Monica, CA 90401.

The **International Childbirth Education Association** unites individuals and groups in worldwide support of family-oriented birthing, encouraging study of various methods including the Odent method. Breastfeeding, nutrition, and parenting at hospitals and birthing centers are other priorities. P.O. Box 5852, Milwaukee, WI 53220.

La Leche League, while not concerned with underwater birthing, should be cited as responsive to Dr. Odent's methods. Founded to encourage breastfeeding, La Leche League groups meet all over the country and many pamphlets and books are available. La Leche League International, 9616 Minneapolis Ave., Franklin Park, IL 60131. The video of Dr. Odent's lecture on childbirth to the La Leche League Physician's Seminar is available from Dublicord, 3 S. 123 Route 59, Warrenville, IL 60555.



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FOR THE MOTHER TO BE

Considerations

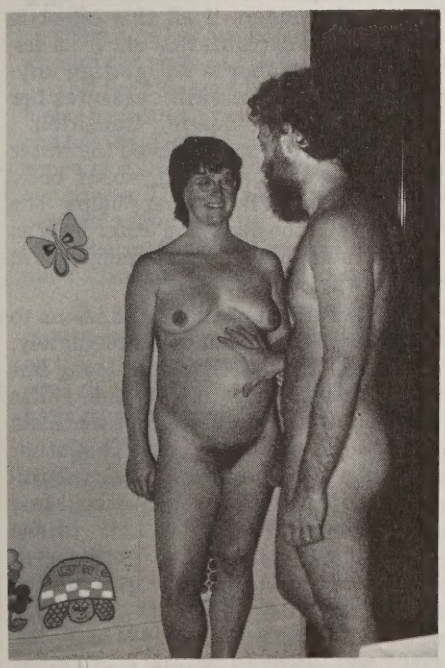
To decide to conceive and bear a child is a very important choice. Even prior to conception it is necessary to take care that the woman's nutrition is excellent. She also should avoid harmful substances that might affect her health and future pregnancies.

Life Before Birth by Ashley Montagu outlines how a child's development is influenced from the very moment of conception.

Dr. Odent, at a conference "Nourishing the Next Generation" (Oxford University), stressed prenatal health; other speakers described the side effects of medications and the need for environmental policies to protect the unborn.

The mother to be must seek prenatal screening for maternal or fetal abnormalities. Many problems can be detected early, and medical care given to alleviate the difficulties. Most women can give birth safely and naturally. A very small percentage of births require special procedures.

Breech births are one such. Limb presentations also require immediate intervention. If a baby lies transverse it cannot be delivered naturally. Severe pelvic deformations in the woman also rule out vaginal birth, and surgical intervention will be the only option.



Onset of labor; Mary Lou and Morley Schloss. *Naturist Rochester photo*

The placenta can be anchored on or near the cervix (placenta praevia). In birth this can cause hemorrhaging or loss of the baby's oxygen supply. Again, surgery is necessary.

The placenta can detach prematurely, before or during birth (placenta abruptio), and if this happens, including in underwater birth, the infant will lose air supply and may suffocate. Hemorrhaging also occurs. For these reasons no home birth or underwater birth should take place without an experienced midwife or other birth attendant present.

Retained placenta—refusing to come loose—should also be treated at a hospital, and on no account should be attempted through tugging on the umbilical cord.

When the cord comes out before the baby (prolapsed cord), the baby is in immediate danger of suffocation. An experienced midwife can handle the emergency, according to *Spiritual Midwifery* (The Farm, Summertown, TN), a natural birthing book worth having. Inverted uterus is another hazard if a rare one.

Again, a combination of early prenatal screening and of the presence of an experienced birth attendant will assure maximum safety.

Home Birth or Birthing Center? This choice depends heavily on personal values of the mother and father, as well as the expected normalcy or complications.

Any mother who is considered high risk should definitely choose a competent facility where medical and surgical services are available. With severe complications a hospital is the only choice. Otherwise, a hospital is the *least* desirable choice. Medical personnel and their values will control the procedure. Chances of catching a staph infection resistant to antibiotic treatment are greater, too.

Alternative birthing centers are becoming popular. Good ones offer the mother personal freedom and comfortable, home-like surroundings, with medical back-up if needed. Many centers also offer classes in birth, yoga and exercise. A good center will be staffed by midwives who are trained and experienced. The cost is well below that of a hospital.

At home you'd have total freedom. With a competent midwife in attendance and medical help readily near at hand in case of emergency, home is the ideal place for labor and delivery.

Your hot tub, whirlpool or jacuzzi could be used for underwater birth. Not the bathtub; it is too small and awkward. Use ordinary tap water (unless of poor quality), which is around body temperature (not hotter), and quiet (NOT circulating). If a hot tub is not available, a child's deep pool with solid sides will do.

Shelli Baumbach gave birth at Campbell Hot Springs, California in a tub filled with natural mineral spring water surrounded by the loveliness of nature and her friends. The Sierraville community's midwife Suzanna attended at the birth of Kristell, a healthy baby girl. Indeed, home birth can be almost anything you want it to be.

Equipping for Home Birth. You'll need the pool or tub. The midwife will have her own kit, consisting of sterile clamps, gauze pads, ear syringe, surgical scissors, cord clamps, and sanitary pads. More elaborate kits include sutures, a needle holder, Kelly hemostats, hypodermic syringes and local anaesthetics, all sterile.

Midwives should request you to make ready clean bedding, towels,

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As Mary Lou pushes and Morley assists, Sunshine Schloss is born. *Naturist Rochester photo*

blankets, diapers and baby clothes. Some say a vigorous washing in hot soapy water is adequate; others will insist you sterilize everything in the oven. (You'll also want a container large enough for the placenta when it's expelled.)

Get a good disinfectant such as Betadine for prepping, and for cleaning out the pool or tub before you fill it. (Follow up the disinfectant with careful rinsing, of course.)

You may wish to review midwife literature and to have Gregory White's *Emergency Childbirth* on hand. Anticipate the underwater birth experience by reading *Celebration: The Underwater Birth of Mela Noel* by Rima and Steven Star (Starheart, 1982: see address above).

What It's Like

I have some idea of underwater birthing, because when I gave home birth in 1976 to my son Charles I spent the first part of my labor immersed in a full tub of warm water. I did this instinctively to ease the pain from back labor. I was not aware at the time of the experiments chronicled above. A warm bath has always been my cure for all ills and discomfort. When I mentioned this in a letter to Dr. Odent he replied, "What you tell me about your own births interests me a lot. This is also how we started."

The following is a composite portrait of a normal underwater birth. I draw it from accounts told to me and from Dr. Odent's books and articles.

BIRTH DAY

In a comfortable room, a woman is preparing to give birth. She chats with the father, and greets the midwife when she arrives. She busies herself with details around the house and checks to make sure that all is in readiness for the arrival of the baby. She has showered earlier. She feels full of energy and relaxed, though she does feel anticipation as she thinks of the birth to come.

The father and the midwife help to get everything ready for the birth. The mother continues to walk around the house and talks to them about the weather, her feelings, and whatever crosses her mind. Her standing position permits the force of gravity to act favorably. The weight of the baby and the contractions of her uterus speed up the labor.

During the contractions she begins to feel discomfort and she decides to sit on the floor, surrounded by a pile of cushions to lean on. The father and the midwife join her. They chat between contractions.

A stronger contraction begins with a feeling of tightness across her stomach which leaves her with a breathless feeling, and she tries to shift her position to be more comfortable. She places herself on her hands and knees, and for the duration of the contraction finds some relief in this position. The next two contractions, mild ones, are followed by a strong one which causes discomfort in her lower back.

As soon as that contraction is over she feels pressure on her bladder, and gets up to go to the bathroom. The father and the midwife tease her goodnaturedly by reminding her not to have the baby in the bathroom. She plants her feet firmly on the tile floor as she sits, and with the next contraction leans forward, pushing firmly against her thighs with her hands. she finds this position extremely comfortable, and decides to sit out the new few contractions there. The father and the midwife come to check how she feels.

The next contraction surpasses the others in intensity. At its peak she feels a trickle of warm fluid. She wonders whether it is urine or amniotic fluid. The red-tinged mucus secretion that she had noticed earlier, before the arrival of the midwife, appears again but in a smaller quantity, more pinkish this time.

As she begins to feel the uterus tighten for another contraction she decides to return to the others. This contraction is really too uncomfortable, and she announces that she wants to use the pool. Before she reaches it the peak comes, and she leans against the father for support as she breathes with it.

She begins to feel a certain irritation, and wonders if all this effort is worth it. She explains that she feels discouraged her labor is not getting anything done. The midwife reassures her that she must be nearing transition.

The midwife has checked the water temperature. It is warm, about body temperature. The father helps the mother into the pool. The water feels so comfortable that she lets herself sink in right away, up to her chin.

The warmth of the water seems to loosen her tension almost immediately.

The next contraction is strong but she is able to face up to it. She shifts position as it ends, and props her head against the side of the pool. The father supports her shoulders gently, intuitively, so that she can relax without fear of slipping forward. The force of the next contraction begins to overpower her. Luckily, the water seems to relieve the feeling of heaviness that she had experienced before getting into the pool. Her weightlessness and the warm water begin to take effect. Her tense muscles are loosened, and her body's adrenaline

secretions are reduced. Her mind becomes calm under the influence of alpha brainwaves. This causes her to relax quickly.

She begins to drift into a deep state of unawareness, oblivious to all that is around her. Her focus of attention is turned inward, centering on the demands of her body. She moves, uninhibited, making sounds as she does. The natural hormones in her body help her to maintain this station. Had she been drugged their delicate balance would have been disturbed, leaving her instead in a helpless state of confusion.

During this last transition her cervix is fully dilated. The baby's head begins to enter the birth canal. With the strength of the next contraction the bag of waters bursts, and the amniotic fluid mixes with the warm waters of the pool. The next contraction seems to bring the mother back to awareness. Her mind clears again. She shifts to a squatting position because of the pressure she feels inside of her. The father gently but firmly supports her. The mother now regains a sense of purpose, and feels the urge to bear down. The mother seems suddenly very pleased with the whole turn of events. The midwife notices the change and reminds her to push lightly with the next contraction.

The mother holds her breath and leans forward in the water, bearing down with the involuntary force of the contraction. The strength involved in the effort surprises the mother. This is work!

She lifts her arms, and places them around the edge of the pool to support herself for the next bearing down. She feels the father's hand next to hers and she holds it tightly. She pushes several times and the father encourages her in her efforts. The midwife notices that her perineal region begins to bulge, and she tells the mother that she will have to push firmly with the next contraction.

She closes her eyes, and opens her mouth and emits a high pitched sound as the head crowns in a tight circle of stretched flesh. The midwife tells her to pant to avoid pushing.

She pants, and the involuntary force inside of her makes the head emerge, facing her tailbone. The head slowly rotates, and as the mother pants again the shoulders come out. The baby slithers out with the next contraction, finishing its journey from the aqueous world of the womb into the warm waters of the pool. It drifts beneath the water, trailing behind it the long, silver-blue pulsating cord which links it to the mother's placenta and supplies it with oxygen-rich blood.

The loving first bath of Sunshine Schloss. Friends and older children are present for the gentle transfer from the amniotic fluid of the uterus. *Naturist Rochester photo*

The mother looks into the water at the child to see its sex. Feeling an intense sensation of relief that the birth is now over with, the mother enjoys the sight of the long-awaited baby. The father and mother watch the child drift beneath the water. The mother gently reaches out, and brings the child to her and to its first breath of air.

As the baby draws its first breaths, the mother holds it before her and the father and mother examine the child. The child is brought to the mother's breast and it nuzzles her nipple with small, rooting movements. The midwife examines the cord, and clamps and cuts it. The midwife and the father help the mother out of the pool, and the father takes the child so that the mother can be free to expel the placenta. The expulsion takes place outside the pool, as the water can enter the mother's bloodstream through the uterine lining, causing an embolism. The midwife instructs the mother to squat, and push firmly, and the placenta is expelled into a waiting basin. The midwife examines it, holding the membranes so that she can be sure that no piece of it has been retained.

This organ, looking strangely enough like liver with a silvery membrane attached to it, has supplied the child with all its oxygen and nutrients during the time in the womb. The father mentions that he will bury it and plant a tree—the child's tree—over it, and together the three of them will watch

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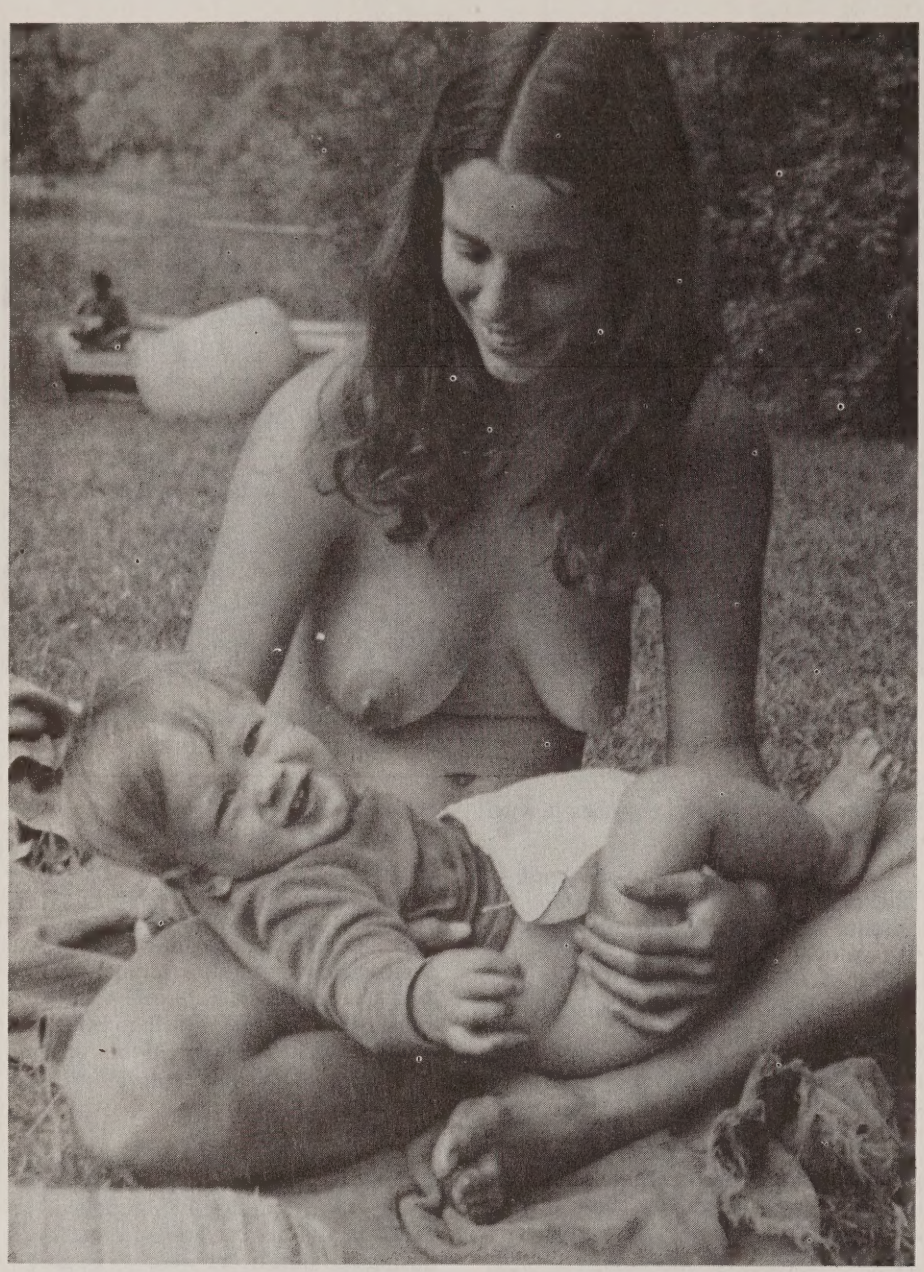

Judy Camp and son Danny at Steph's Pond. *Naturist Rochester photo*

the tree grow. The mother smiles at the thought, and goes to the bed to rest and to nurse the baby.

As the baby nurses at her breast she feels contractions in her pelvic area, signaling that the hormones released during nursing are not only letting down the thick colostrum full of antibodies to protect the child, but are also causing her uterus to contract, gradually helping it regain its original shape.

After the nursing the father gently takes the child into his arms and lets the mother rest. The baby, born softly into a world of water, then of air, sleeps peacefully on its birthday.

Conclusion

Underwater birthing offers a new method of safe, gentle birth that is beneficial to both the baby and the mother. With the increase in information about alternative birthing methods, and the growth of groups and centers offering non-traditional birthing methods, women now have the option of bypassing the traditional male-dominated field of obstetrics. As midwives replace men in the field of childbirth/obstetrics, medical specialists of both sexes will be free to concentrate on the small percentage of high-risk patients who require medical attention and intervention because of maternal or fetal complications. The normal process of birthing will again belong to women.

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Steward, Debbie, and Clark, Matt, "Giving Birth Underwater," *Newsweek,* Jan. 16, 1984.

Locations of NATURIST FAMILY SIGs

The latest Naturist Family SIGs to be launched are:

NORTH CAROLINA PARENT/FAMILY SIG
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Other Naturist Family SIGs, functioning and open to new members, are:

FLORIDA FAMILY SIG
Coordinator: JoAn Easton
1 N.E. 115 Street
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NEW ENGLAND FAMILY SIG
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126 Hanover Avenue
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Steve and Pat Schaff
P.O. Box 467
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Coordinator: Jody Hoffman
4301 Winsor Drive
Sacramento, CA 95825

NEVADA FAMILY SIG
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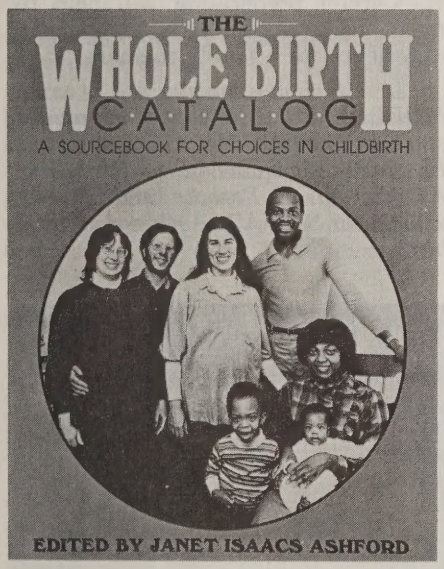
REVIEWS

JoAn G. Easton

Birth Reborn, *by Michel Odent. 123 pp. B&W photographs. $14.25 hardcover. Pantheon: New York, 1984.*

This just-released book by Dr. Odent heralds the new era in childbirth. The information is clear and detailed, thanks in part to the translation by Juliette Levin and Jane Pincus. Superb natural photographs show us women free to labor and to give birth as they choose. One appreciates why Dr. Odent's maternity center has one of the world's best success records even with high-risk pregnancies. The doctor has demedicalized childbirth and given it back to the birthers. *Birth Reborn* has overturned the conventional wisdom of obstetrics. It is destined to become the standard for safe, natural and normal birth.



The Whole Birth Catalog; A Sourcebook for Choices in Childbirth. *Edited by Janet Isaacs Ashford. 321 pp. illus. $14.95 paperbound. The Crossing Press: P.O. Box 640, Trumansburg, NY 14886. 1983.*

The title says it all. If you've ever wondered what birth approach will suit you, or what organizations could assist you, or what to buy for having a child and where to get it, or what you can do without purchasing something—here are your answers.

The Whole Birth Catalog is both a compilation of needed information, and a consumers guide that directs you to topics, ideas, associations, films, publications, art, and products, whether for pregnancy, birth, parenting, or women's rights and general health.

Recommended to all women; expectant parents; women's organizations, clinics, birthing centers; educational institutions, libraries, and professionals and laypersons who accept the right of women to be fully informed, prepared, and in charge of their bodies and their lives. Every Family SIG should get it for starters.

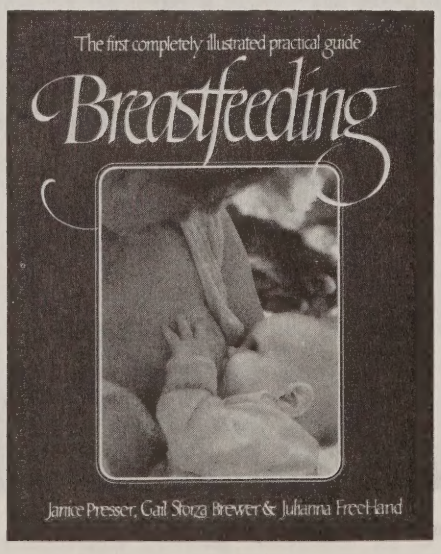
—JoAn G. Easton

JoAn Easton is Coordinator of the Naturist Families special interest group. She is active in leadership of the South Floor Free Beaches (Miami) and teaches at Fort Lauderdale College while raising six children.

Breastfeeding. *Text by Janice Presser and Gail Sforza Brewer. Knopf: New York. 1983. Photographs by Julianna FreeHand. 150 pp. Hardbound. $14.95.*

Here is the "first completely illustrated practical guide" as its jacket proclaims. It is a nutritional and planning handbook and, with Julianna FreeHand's photos everywhere (see review, *CwS* 4.2, too), *Breastfeeding* is beautiful and explicit about everything you need to know. The photographs show many kinds of breasts, the techniques of nurturing a baby, the physiology of suckling, the many home moods and situations you may encounter—even how to make love while breastfeeding an infant! Highly recommended for an expectant mother, the new mother, and also those initiating younger children into the mysteries of adulthood.

—L.R.B.


The first completely illustrated practical guide
Breastfeeding
Janice Presser, Gail Sforza Brewer & Julianna FreeHand

PREPARING CHILDREN TO BE PRESENT AT BIRTH

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The birth of a baby can be a beautiful experience shared by all family members, an experience which bonds the entire family together and a good start to a caring attitude toward the new baby.

Children who have attended a birth will never need to ask where a baby comes from. They will be less likely to develop fears about painful or mysterious childbirth. It is an educational experience which cannot be duplicated.

Preparing children for the birth of a baby is always important, but it is essential when they are to be involved in the birth. As with their parents, children need to know what to expect. They should see books, films, slides, and, if they are fortunate enough, the actual birth of an unrelated baby.

The most important resource in preparing children to participate in the birth of a baby is *Mom, Dad and I Are Having a Baby* by Maryann Malecki (Pennypress, 1100 23rd Ave. E., Seattle, WA 98112, 1980). This sensitive book emphasizes the joy of childbirth while exploring a child's feelings about such potentially upsetting things as the mother's discomfort, the mother's red face as she pushes, the blood accompanying birth and cord cutting, and the baby's color. It has many excellent illustrations and two texts, one for younger and one for older children. It has one drawback which could confuse children: Malecki uses the word "bottom" instead of vagina.

My favorite general book on reproduction and birth for children is *Where Do Babies Come From?* by Margaret Sheffield (Knopf, 1978). It has beautiful illustrations including a woman assisting at the birth and the mother touching the baby as it is born. It does have one unfortunate picture of a baby crying as the umbilical cord is cut. Children should be told that this doesn't hurt the mother or baby.

If possible, children should see several birth films and slide presentations since each birth is different. Films and slides should be in color so that children will be prepared to see some blood. It is important to explain that the

babies are not bleeding, that most of the blood is from the lining of the mother's uterus, not from an injury to the mother. It is also wise to explain that the films only show a small portion of the labors, that labor may be very long and hard. Films and photographs will help children to realize that a new baby may be wrinkled, covered with vernix, initially blue or grey in color, and have a molded head. Children need to understand the role of the umbilical cord and placenta—that cutting the cord does not hurt—and be prepared to see them. They should be aware of the possibility of an episiotomy or tear and stitching.

A trusting and informed relative or friend whose only responsibility is to attend to the children should be present at the birthing. Children must feel secure with this person and understand the person's role. Mothers and fathers should not have to worry about their children during late stages of labor. Children need to know ahead of time that their mother will be working very hard and may even experience some pain. She may groan, cry out, or make weird noises. Children can tell that their mother is concentrating on her work and not rejecting them. The person responsible for the children needs to attend to their basic needs (food, sleep, exercise, etc.), to be able to answer questions and reassure them, and to be prepared to care for the children in case of unanticipated complications in the labor and delivery.

Labor should not be the first time children have seen their mother undressed. Some family nudity prior to the birth will make the experience more natural. Even the most modest woman may want to be completely uncovered at times during labor.

Children do best when they are able to participate in the pregnancy and birth. Children can go to the midwife or doctor's office for prenatal checks to see how the baby is positioned and to hear the fetal heart beat . . . Children love to feel the baby kick. They can practice breathing and relaxation exercises and help prepare the birthing room. During labor they can wipe their mother's face with a wet cloth, bring her something to drink, breathe with her, and help prepare a Leboyer bath for the baby. However, they should not be promised a particular role in the labor and delivery since it is difficult to predict how their mother will feel (she may not want to be touched) or how the labor will progress. Children will want to touch the baby soon after birth and should be allowed to.

Parents should not be upset if children are nonchalant about the birth. Children may say they don't even want to be present for the birth, although they will usually change their minds at the last minute when people become excited—or at least when they hear the baby cry. Most children will want to wander in and out of the birth room, rather than sit through the whole process. Older children will probably want to spend more time in the birth room than younger children.

The above suggestions assume a prepared, unmedicated birth at home. If you are planning a hospital birth with children present it is essential that the experience, including possible contingencies, be discussed carefully with both your doctor of midwife and the hospital staff in advance, and that your children visit the facilities beforehand and learn the ground rules. If children are to be present, it is particularly important that medications which might interfere with the mother keeping on top of her contractions and staying in control be avoided.

Careful preparation will help to make the birth of a baby a wonderful experience for a family to share.

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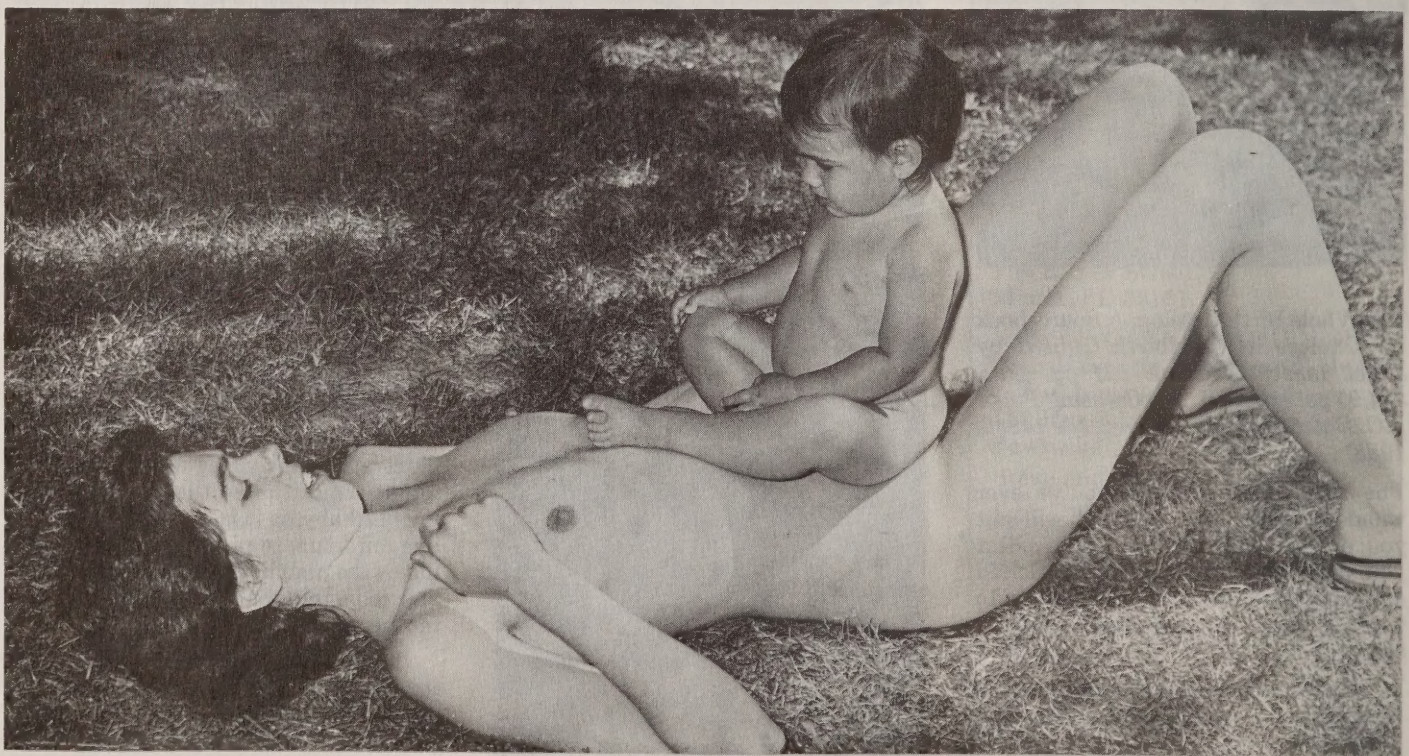


Children need not feel alien to the body and to natural processes such as birth. *Leif Heilberg photo*

BREASTFEEDING

BREASTS

Tom Kelley

Do you realize that everyone should wear gloves? The hand is a sexual turn-on when you think about what it can do. It is the source of an enormous amount of sexual gratification. When I see a hand it makes me *lust*. Thank you Michael Jackson for getting us halfway to decency.

On the other hand, breasts should not be as much of an erotic object as they are made out to be. They are our source of life, our nourishment, and to prevent their use because of lustful fantasy is really child abuse.

Let's grow up, stop giggling and gawking, and accept this beautiful organ for what it is, a source of comfort and food for the young. Not a sex organ.

BREASTFEEDING: A NATURIST VIEW

JoAn G. Easton

More mothers are becoming aware that breastfeeding offers natural, indisputable benefits to both mother and child.

Medical science is reconfirming the truth of Ashley Montagu's statement that to ignore breastfeeding "is to do violence to the best development of the child."[1] Fortunately, the widespread education work by LaLeche and other proponents of breastfeeding has made the public cognizant of its importance.

Yet breastfeeding continues to be discouraged by the cultural influence of Victorian and Puritan holdovers, the current Madison Avenue sexualization and commercialization of the female breast, and ignorance of the benefits and techniques of breastfeeding, not to mention the extensive marketing programs by the manufacturers of baby formulas and baby foods.

Basics

Breastfeeding represents the natural and logical continuation of the process of human gestation, the time the baby spends in its mother's womb. Breastfeeding continues to provide the infant with the perfect natural nutrition.

Proper functioning of both the mother's and the infant's organic systems relies heavily on this natural act. After birth, the stimulation from the baby's sucking triggers the release of hormones within the mother's body. These cause contractions of the uterus which help it to regain its normal size, and help to prevent hemorrhage. Other hormones released at that time cause the milk to flow, and may even increase mothering instincts and facilitate bonding.

All female breasts, regardless of size and shape, are destined for breastfeeding. There are about ten to twenty milk ducts in each human breast. These branch out into smaller ducts tipped with alveoli which contract under hormonal influence when the breast is stimulated. Each duct contains reservoirs called sinuses. The milk runs through this system and collects in these reservoirs. When the infant sucks on the nipple and areola (pigmented portion of the breast) with its lips, tongue and gums, the stimulation signals the hypothalmus in the brain. The oxytoxin released under the influence of the pituitary gland causes contractions of the uterus. The pituitary also releases prolactin which stimulates milk production, and may enhance mothering instincts in humans as it does in animals.

These events cause the "let down" which causes the milk to flow. This "let down" is sometimes felt as a prickly or tingling sensation, which is followed by a feeling of fullness in the breasts. As this happens, the milk at first sprays into the baby's mouth, then slows down to a drip which can be increased in intensity by the quality of the baby's sucking. Breasts continuously manufacture milk, though the quantity lessens as the baby suckles. Breastfeeding also encourages bonding inasmuch as it demands that the baby be held close and cuddled by the mother. It aligns the give-and-take emotional attachment between the mother and child. As bonding is enhanced by eye contact (face to face), skin contact and stroking, as well as by fulfillment of the baby's needs in the mother's response to it, breastfeeding seems to be nature's way of assuring the success of this process while giving the child nutritionally perfect food and many immunities.

The first liquid to flow from the mother's breast has been found extremely important to the baby's health. This is *colostrum,* a yellowish fluid thick in antibodies, extremely nutritious and high in calories. American hospitals that separate the mother and child, only letting mothers feed their babies according to the hospital's schedule interfere with the natural function because they reduce the amount of colostrum the baby ingests. (The consequences of this will be discussed below in the section in newborn jaundice.) Colostrum also helps to clean out the baby's intestinal tract of meconium, the greenish-black, sticky substance which lines and protects the baby's intestinal tract before birth. The evacuation of meconium is important during the baby's first few days.

Human breast *milk,* which develops a few days after the beginning flow of colostrum, is ideally suited to human babies' metabolism, brain function, and digestive and intestinal systems. Nature intended newborns to have bowel movements that are easy to evacuate. Breastfed babies' stools are normally loose, and frequently liquid at the start, gradually becoming thicker as the baby's system matures. Contrary to cow's milk/formula-fed babies' stools, their odor is not unpleasant, but resembles more the yeast-like odor of fresh bread. Breastfed babies do not suffer from severe problems with gas, constipation, diarrhea, or intestinal infections. They are resistant to colds, respiratory diseases, allergies, and to many viruses.

Human milk contains IgA, an important immunogobulin, and it is rich in marcophages and lymphocytes which destroy E coli and pseudomonas.

The naturist way of life accepts open nursing as it affirms social nudity when rational and appropriate. Readers may wish to send photocopies of this page to Ann Landers, who recently told readers that breastfeeding and nudity have nothing in common. *Greg Price photo*

While substances that the mother ingests may cause an allergic reaction in a baby, if the substance is removed from the mother's diet there will be no further problems. Cow's milk is a frequent cause of allergies and exema in children.

According to the *Symposium on Human Lactation,*[2] an earlier government study on breastfeeding and its benefits, human breast milk is superior to any other form of infant nutrition. It contains large quantities of arachidonic and decosahexaenoic fatty acids which are extremely important to brain development. (Cow's milk, which contains these in quantities ten times less, is well suited to calves' brain development requirements.) Human milk is also rich in lactoferrin, a chelator of ferrous iron. Its folic acid and vitamin b_{12}, and lysosome, an enzyme, help to destroy certain bacteria. Also, breastfed babies have depot fat higher in polyunsaturated fatty acids and lower in monounsaturated and saturated fatty acids, than do bottle fed babies.

The normal color of human breast milk is whitish-blue. Its normal consistency is thin, not creamy like cows' milk. There is no such thing as "poor quality" breast milk in a well-nourished, healthy woman. That term was coined by those ignorant of the composition of human milk, and of lactation.

It is not possible to duplicate breast milk by using cow's milk or formulas, no matter what marketing claims to the contrary. Much information put out by manufacturers of formulas and baby foods is misleading. The *Symposium on Human Lactation* suggested that monitoring promotional advertising by implementation of legislation could ". . . minimize information which is deceptive and misleading, or socially harmful."[3] These industries often "court" physicians and hospitals by providing free samples of their products, and attractive promotional brochures to give to prospective or new parents. The brochures contain helpful hints on prenatal and postnatal care, nutrition, exercise, and other subjects of great interest to new mothers, as well as the results of in-house "studies" favorable to the product. The newest marketing technique to appear, as breastfeeding has gained popularity, is to center a brochure on "breastfeeding" and refer to the products as a nutritionally desirable supplement. Unfortunately, the use of supplements not only deprives the baby of important properties of breast milk; it also can impair breastfeeding.

Obstacles

Physicians and hospitals distributing these samples enhance their images as givers of "freebies," and everyone likes

ANN LANDERS

What do nude sunbathing and breast-feeding have in common?

From a "La Leche Supporter in Manhattan:"

"I think it is ridiculous to equate breast-feeding with nude sunbathing. One is wonderfully healthful for both mother and child. The other is obscene."

From Ann Landers' reply:

"You are right. One thing has nothing to do with the other."

to get new products for free. However, the distribution of these samples and pamphlets by physicians and hospitals puts an aura of "professional" acceptance and preference on them. The doctor knows best, he gave me this, thus it must be what is best. Unfortunately, this is not always true; the medical field is not necessarily knowledgeable in the area of breastfeeding. Physicians are the products of their society and its values, just as anyone else is. They may be ignorant of the benefits of breast milk, and feel that it is somehow old-fashioned, or improper.

The physician who delivered my second son in a hospital—my first was born at home—encouraged breastfeeding. Yet he evidently was put to extreme embarrassment by the sight of a nursing mother. For when I started to nurse, immediately after delivery, this doctor quickly concealed my breast. I uncovered it again (the baby's father wanted to take a picture of our son nursing), but the doctor again covered it. After this occurred several times in rapid succession I got up with the baby, left the delivery room, and shortly after signed myself out of the hospital, to dire warnings that I would harm the baby in doing so. Actually, the baby thrived, but the hospital lost out on several thousand dollars' stay. This doctor—who thought it normal to work with his face several inches from the female vulva—thought the sight of a breast improper!

Other physicians or hospital personnel may tell mothers that breastfeeding is inconvenient or old-fashioned. Some hospitals still keep mother and baby separated, depriving the baby of feeding when it is hungry and instead bringing it to be fed according to their convenience and schedule. Also, many hospitals will give water or formula supplements to the baby, believing that this is good, or wanting to quiet a crying baby.

Mothers who want to breastfeed should choose a hospital where there is "rooming-in," that is the baby stays in the room with the mother and is not given supplements.

Today more and more hospitals are realizing the benefits of breastfeeding and rooming-in. Midwife-staffed birthing centers usually encourage nursing mothers, and, of course, home birth gives the mother total freedom in the area of breastfeeding.

Many mothers are concerned that breastfeeding may make their breasts sag, cause stretch marks, or "rob" the body of important nutrients. Sagging and stretch marks are a hereditary predisposition. A woman who eats carefully and makes use of nutritional charts for breastfeeding women will not rob her body of any important vitamins or minerals. A good diet, plenty of liquids and calcium, and iron-rich foods will ensure that the mother's body is nutritionally in optimum health. Information and charts are available from LaLeche, childbirth groups and physicians and hospitals.

Support

Resources will support a woman in breastfeeding. First is information/education about its benefits and techniques, and second is a supportive environment. Mothers with family or friends who breastfeed will be better informed, and at ease breastfeeding their babies.

It is important for the mother not to listen to "advice" from those who have no experience or knowledge in this area. The *LaLeche League* offers pamphlets, tapes, movies, and abstracts from medical journals on every conceivable aspect of breastfeeding, at low cost. These publications are done in 28 languages and in braille. They also have local groups where mothers can obtain advice and support from other breastfeeding mothers. Altogether, there are over 50,000 members world-wide, including some of the most famous people in medicine today. They are NGO consultants to the United Nations, and are a registered PVO agent for the Agency for International Development. Thousands of physicians give their active support to their organization, all over the world. The material they make available to nursing mothers ranges from basic information about breastfeeding, breast care and nutrition during lactation, to special problems like nursing babies with cleft-palate or Downs Syndrome or other handicaps. They also have brochures for C-Section mothers and women who have adopted, had breast surgery or multiple births. Working mothers can obtain helpful advice from them on expressing milk and freezing it, and other techniques which will permit them to breastfeed while they work (or study). LaLeche also publishes a book, *The Womanly Art of Breastfeeding*. Their catalog is available from LaLeche League International, 9616 Minneapolis Avenue, Franklin Park, IL 60131.

Beware of individuals who offer erroneous advice. Stick to those women who have SUCCESSFULLY breastfed (not those who say they breastfed, but upon closer questioning you discover that they tried it two days and changed their minds). Beware also of those who tell you that breastfeeding "spoils" babies! Infants require lots of closeness and touching. Be careful also of publications on breastfeeding put out by baby formula manufacturers who often use "breastfeeding info" as a come-on to convince you to supplement.

My own desire to breastfeed I owe to several people. First, to my mother, Estelle, who breastfed her children and has always been a champion of breastfeeding. My sister-in-law Diann was also an incredible role-model—an RN and a childbirth educator who breastfed her three children while remaining a full-time working mother. My friend Judy, and other friends, offered me fine examples and were modern-day versions of the Dounas of primitive societies who help mothers new to the role.

I also believe that what I read by such authors as Ashley Montagu, Karen Pryor, and others in the field has had a profound effect in convincing me, without any doubt, that *breast is best.* I have breastfed my four sons. I wish I could have breastfed my twin adopted daughters, when they first came to me at three months old, almost eighteen

years ago. I have seen the beneficial results of breastfeeding in my own childrens' lives, and will never cease to encourage mothers to breastfeed.

Milk Adequacy

But what about adoptive mothers? Unless they have breastfed before, they will find it extremely difficult to breastfeed (though there have been cases of this happening). In the case of infant adoption, if it is at all possible have a friend or relative be a wetnurse for at least the first month. A wetnurse, or nursing mother who is willing to nurse another baby, in addition to her own, for free or for a fee, is a common thing outside the USA. A LaLeche group in your area might have a nursing mother willing to serve as a wetnurse. It is an option also for working mothers who are torn between the desire to continue a career and staying at home to breastfeed the baby.

A mother who has a wetnurse for her baby should remember to empty her own breasts regularly, during lunch breaks or coffee breaks at work, so that her breasts will continue to produce milk and she can breastfeed her baby when she gets home. LaLeche offers information on how to express milk, and also how to store it so it can be thawed for the baby at a later date.

Nursing mothers should *avoid artificial formulas.* They will cause the baby to nurse less, and this decreased stimulation of the mother's breasts will cause less milk to be produced. Any supplement, juice or water, will result in the baby's nursing less, and the mother's system producing less milk.

There is only one rule to milk production: AMOUNT OF STIMULATION = QUANTITY OF MILK. If the baby is allowed to suck on the mother's breasts as long as it needs to, the breasts will produce enough milk for that particular baby's needs. As the baby grows it may have periods where it will nurse longer than usual . . . this is nature's way of having the baby stimulate the mother's system to produce more milk for its increased needs. When this happens the baby will seem hungrier than usual, and often more cranky for a day or two, until an increased supply is available from the mother's breasts.

The mother's breast adapts to a particular child's needs as I know from personal experience. After the birth of my first son Charles, my friend Judy, whose own son was born at approximately the same time as Charles was, fell seriously ill and had to be hospitalized. She was breastfeeding her baby, Gordon Wayne, and she became upset at having to wean him in preparation for her stay at the hospital. So I volunteered to babysit and to wetnurse Gordon. Charles was a small, quiet baby with a moderate appetite. Gordon weighed over ten lbs. and was blessed with an appetite to match his size. I nursed Gordon on one breast, and Charles on the other. As my milk supply was, at first, not adapted to Gordon's appetite, he frowned a lot as he tried to extract his usual copious fare from a breast adapted to little Charles' needs. After two days the breast that Gordon nursed on had adjusted to his particular needs . . . it looked like a balloon. I was lop-sided. As I have a naturally small bust, I decided to remedy this by switching sides, and putting Gordon on the side I nursed Charles from. As Charles began to nurse from "Gordon's side" he began to cough and sputter, and he let go the breast which was spraying all over his face! Gordon, still on the other breast, frowned as he again had to cope with production geared to Charles. In curiosity I broke the suction by pressing my finger against my nipple near Gordon's mouth so that he would let go. As my nipple came out of Gordon's mouth I could see a slow and steady drip of milk coming from it (the other breast was still spraying). My breasts had indeed geared their production to the baby who nursed on them! Fortunately for my sense of vanity and aesthetics, Judy returned soon from the hospital and I quickly regained my normal bustline. Luckily, when my twin sons were born, years later, their appetite was identical and I never again experienced such lop-sidedness!

Infant, two weeks old, nurses on cover of the German Association for Free Body Culture monthly. *Uwe Schmitt/FKK photo*

Considerations

Breastfeeding is not only beneficial and custom-suited to the needs of each baby, it is also economical, hassle-free, and a great time-saver. Mothers do produce the best kinds of milk for their babies (mothers of premature babies, for example, produce milk adapted to the needs of their preemie).[4] Breastfeeding also permits mothers to take a much-needed rest period while they nurse. She can take that time to lay back and relax, put her feet up and enjoy the baby, read, have a glass of preferred beverage, or do a multitude of other things. This is especially beneficial for the working mother who has several children and needs to take a break.

There is no special position for breastfeeding. As long as the baby is able to grasp the nipple (including much of the areola) without having its nose pressed against the breast too closely so that it cannot breathe well, any position comfortable to both mother and baby will do. Some mothers nurse while carrying the baby in a front-style infant-carrier so that they can cook, do housework, type, or travel, or do a multitude of other tasks that require both hands free.

Babies can be breastfed anywhere that the mother chooses. It may be at home, in a car, plane, bus, or boat, outdoors, at concerts or meetings, in restaurants or universities . . . a good rule of thumb is IF YOU CAN EAT/DRINK THERE, SO CAN YOUR BABY. (We'll discuss public sentiment towards breastfeeding.)

The only preparation needed for breastfeeding is to bathe regularly. No need to sterilize or scrub breasts before nursing. Breast milk is naturally sterile, and the breast-fed baby is immune to its local and family germs. As far as breast-care is concerned, exposure to fresh air and sunlight will help to avoid problems such as irritations, chapped nipples, and infections. Nursing from both breasts, or alternating them at each feeding (whichever is more desirable to the mother), will prevent soreness.

If a mother is working, or has to miss a feeding, she should express milk manually or with a small, hand-held breast pump. Expressing milk will avoid the congestion and dripping that some-

times happens when the mother can't nurse. It will help prevent the clogged milk ducts which can cause inflammation or a possible infection (mastitis). It will also assure that the milk supply does not decrease (remember that stimulation = quantity).

If a mother stores the milk she expresses in the freezer, she'll have a supply ready to be thawed and put into a bottle (the kind with a flat surface and short nipple that contain disposable bags are best, as they approach the shape of the breast, while long nipples on bottles can frustrate a baby's normal pattern of sucking). In emergencies if a mother must use a formula, it is better to feed it to the infant in that type of bottle, making sure that milk is expressed anyway so as not to lose the supply from the breast.

In the rare instance that a mother develops an irritation or inflammation she should breastfeed anyway (doctors knowledgeable in the subject recommend it), as this will prevent congestion in the breast which can lead to the other problems I spoke of earlier.

If the mother has to take an antibiotic or other medication she should check with her pro-breastfeeding physician to learn if this drug can affect her milk and the baby. Birth control pills, steroids, and anti-coagulants can cause harm to her baby. Several publications list these drugs: *Medications for the Nursing Mother* by Gregory White and Mary White, *Veterinary and Human Toxicology* magazine (volume 26, supplement 1, 1984), and *The American Journal of Nursing* (March 1984) are up-to-date sources.

Smoking (nicotine), drinking (alcohol), marijuana and other such substances leave traces in the breast milk. It seems unfair to impose these substances on a child. A woman's period of lactation is brief enough that it becomes a worthwhile investment in her baby's future to forego these till her baby is weaned.

Some *non*-harmful substances may make their way into the breast milk and cause confusion to the mother. When mom takes iron supplements or eats iron-rich foods there can be a change in the color and consistency of the baby's stools. If she eats a laxative food (prunes) her baby may also feel its effects. Not to worry unless the mother abuses these foods.

Hospitals for a long time blamed breastfeeding for the common *neonatal jaundice* (hyperbilirubinaenemia). They made mothers stop breastfeeding, insisted on making the baby ingest large quantities of water or glucose water to "flush" the baby's system out, and made mothers feel guilty that they had caused their baby to be ill. Recent medical studies have now proved that ". . . exaggerated early jaundice in breastfed infants may result from hospital feeding practices."[5] "Frequent breastfeeding in early lactation is associated with significantly lower serum bilirubin levels on the third day post-delivery."[6] To put it plainly: the hospitals did not encourage frequent breastfeeding while the babies were in the hospital. They gave supplements, and the babies had to nurse on the hospital's schedule and not the bodies' schedule . . . this combined to inhibit the elimination of bilirubin from the newborn's system. Research at Queen Charlotte's Maternity Hospital in England by Manoel De Carvalho, Michael Hall and David Harvey[7] has concluded that water supplementation provided no significant difference in serum bilirubin levels between infants that received water and those that did not. They also found that the detrimental effects of water supplementation required further investigation. Another interesting discovery is that children of American Indian, Chinese, and Japanese or Korean ancestry have higher bilirubin levels (genetic factor).— Some types of infant jaundice do require that the baby be put under bili light (though there is evidence on both sides of that question in medical journals). If this happens, dehydration from the bili light may be a problem. The ideal situation would be to then put the bed and light next to the mother's bedside so that she can breastfeed on true demand, and avoid the dehydration.

Nursing mother expresses mild for cold storage and later use.

Julianna FreeHand photo

Dr. Michael Odent at Pithiviers Hospital, France, does this successfully with preemies and newborns who are ill.[8]

All babies who are ill are better off breastfed, as breast milk is the perfect food. During such times the baby is in even greater need of maternal handling.

Baby Growth

Another argument which some misinformed doctors use to convince mothers to supplement is that breastfed newborns do not "put on enough weight" compared to bottle-fed and supplemented babies. The weight loss in breastfed babies is normal, as babies naturally must lose a percentage of their body fluid after birth.[9] The supplements simply add the weight of water to the supplemented baby!

Fat babies are not necessarily healthy babies. Breast milk, as explained, is geared to the needs of each baby. Babies who are large and vigorous will naturally have more requirements, and will probably wean themselves sooner. Smaller babies may need more time on the breast and continue to breastfeed for a longer period. They too, will wean themselves naturally when their bodies are ready for it.

Weaning, when done naturally, is simple. If parents get into the habit of letting the baby attend mealtimes with the rest of the family (in the infant seat, high chair, or on their laps) the child will quickly realize that food is appealing and desirable. When the child is ready to wean itself it will express more interest in the food. It is simple to provide a plate of mashed vegetables or fruit to put in front of the baby. By the time the baby has reached the creeping stage it already tastes every speck of dust or lint it can encounter on the floor . . . this is part of baby's education in taste and texture, and hand-mouth coordination. All babies do this.

During this period there is nothing the baby will enjoy more than dipping a finger or fist into the dish on the table and tasting it. Babies are *very* smart. Soon the baby will be eating mashed or blended foods from the table, and gradually will be nursing less at the breast. This will affect the rule of milk production, causing the mother's milk

supply to diminish, thus helping the baby to find increasing gratification in food. Infant cups, filled with juice, can also be given when the baby shows itself ready and willing. Eventually, the mother's milk supply will dwindle and baby will join the rest of the family at the table. When this is done naturally there is never any hassle about "weaning," nor are there nights of crying for the breast. It's the baby's own decision, on its own natural biological time clock!

Stress

Stress is a factor I have been saving so that it might be mentioned with what follows. Many mothers go through stress from family problems, tragedies, or work-related difficulties. Stress does affect breastfeeding to a certain extent. A rested, relaxed mother will find that breastfeeding goes more smoothly, but even under extremely stressful situations it is possible to breastfeed. To explain this I will give a personal example:

After my twin sons were born my marriage suddenly ended, to my great sorrow. To cope with suddenly finding yourself a single parent with two teenagers and four children under five is traumatic from an emotional, economic and physical standpoint. I also found out that my son, Edward (who today is Miami's youngest member of Mensa, the Hi-IQ organization) suffered from a neurological disorder/handicap that was genetic and, possibly, progressively fatal.

I had to work part-time, take care of the children, adapt emotionally to single life, fill each child's needs, spend endless hours in and out of hospitals for the extensive testing of Edward, go to Easter Seals for his physical therapy later, cope with adolescent problems, and continue to survive, all in one piece, while managing to breastfeed twins. And I did.

I MADE UP MY MIND TO FOLLOW THE RULE OF MILK PRODUCTION. Never did I fail to breastfeed often, and as much as the babies desired. At times I presented an unusual picture seated on the floor, cross-legged, nursing two babies and holding them football-style, while I cried for various reasons.

When Edward needed nerve and muscle biopsies I went to the hospital with him while my mother (bless her) fed the twins from thawed breast milk I had stored, and cared for the children. During the stay at the hospital I donated huge quantities of milk to the preemie nursery (which was in desperate need of

LINDA EATON, Iowa City firefighter, lost her job for breastfeeding discreetly in idle time at the stationhouse.

it; the personnel were thrilled to provide me with an automatic breast pump). By keeping up stimulation I never lost my supply and was able to continue when I got back home.

Mothers who work, as well as mothers with problems at home, if they are determined enough, can make up their minds that they will not let stress get in the way of breastfeeding. All it takes is determination, and love.

All mothers, single or otherwise, need time for themselves. Though baby portability makes them ideal to carry around anywhere, it is nice to get out. If a mother takes care of all her physical, mental/emotional and sexual needs, she's much happier and can handle stressful situations better. Breastfeeding mothers can run a household, be career-minded, run organizations or a country, if they know how to handle their time and their needs in relation to their obligations.

Nipple Envy

A single mother should make sure that the man/men in her life is/are supportive of her breastfeeding her baby. If they are not, it will become a stressful situation. Personally, I feel that any man who objects to a woman breastfeeding 1) has no right to do so, 2) needs to work out the reasons why he feels uncomfortable with the idea of "sharing" his partner with a small child who needs to be breastfed.

If the man exhibits jealousy at the idea of the baby using "his" breast, he needs help. If he's not a worthwhile relationship (I'd have my doubts in this case), it would be better to dispose of him instead of depriving the baby of a lifetime of benefits. If a husband exhibits this problem then counseling is needed, as it is a sign of emotional immaturity and the problem will probably worsen as the baby grows older.

Most men are very supportive of the breastfeeding mother. The man can help the partner to stay relaxed and happy, while he develops his own special relationship with the baby.

Siblings may sometimes exhibit jealousy. If a toddler seems to act as if the baby has taken over her/his rightful place, there is need for extra reassurance and love. A few might even ask if they can "taste" the breast milk too. This is a common occurrance. I see nothing harmful in letting the older child have a taste . . . most of the time the child will be satisfied that his/her request has not been refused, and will express no further interest (this happened with my children). Stressing the fact that the toddler is the parents' special "big helper" who can set an example and help them with the baby, gives her/him something to be proud of—a special role.

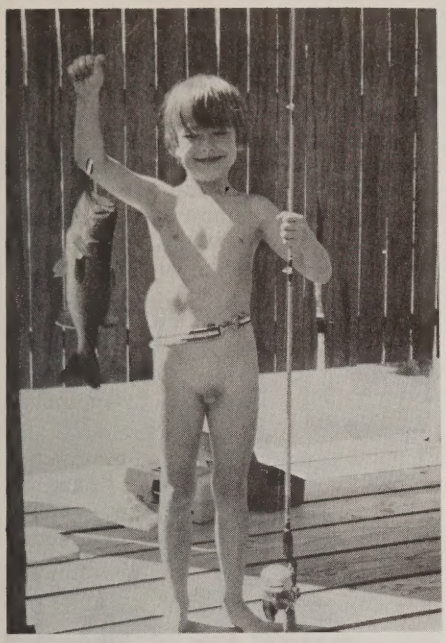
Is Nursing Lewd?

Sexual fears are not uncommon; women raised in our society often have concern about the decency of breastfeeding. This is due to the sexualization/commercialization of the female body, mentioned earlier. Childbearing and breastfeeding are the crowning glory of woman kind's normal sexuality, though these are not by any means its only expression. Yet the primary purpose of the breast is to feed babies. Anything more than that is just the icing on the cake.

Nature made of breastfeeding a pleasant experience to ensure the survival of the species. If it had not been so, prehistoric moms would have cast aside newborns rather than nurse them . . . causing the extinction of the human race!

The face that the breasts are also used in sex play is incidental. In fact, male breasts can derive sexual stimulation from the same type of sex-play (though many men feel that it is "unmanly" to let themselves enjoy this). The reason that breast stimulation of any nature is not unpleasant is that, whatever the source of stimulation, the hormones that are set off by it are very much the same as those set off during sex and orgasm.

Human *mouths* generally get engaged in more sex-related activity in



Charles Easton with prize bass. He caught it himself, after the picture chose to let it go.
JoAn Easton photo

our society than do breasts—and no one expects others to cover their mouths!

The thing that must be remembered is that it is not the same to breastfeed and use breasts in sex-play. If a woman confuses the two, or feels that breastfeeding is somehow an unnatural act, she needs to educate herself to the difference, and to learn to view her body as something else than a sex toy.

Is It Mostly Accepted?

Public sentiment towards breastfeeding is changing in the United States, but there is still a false sense of security in better-educated individuals that breastfeeding is totally accepted in our society. It is not. Women have tried to fight for their rights to breastfeed (remember the Iowan fire-fighter who wanted to breastfeed her baby during breaks at the fire-station, or the cases of mothers accused of public indecency for breastfeeding in the park or at the seashore). Old mores and repressions die hard. Though it was illegal for men to go topless in the early thirties and men won their right to do so, women still have not become their equals in that right. The female breast remains a sex-toy in the mind of much of the less-educated public. (Education, by the way, is here meant to be more than that which just gives an individual a degree or diploma). The less enlightened of society's members have to be introduced to what is truly moral and wholesome, and what is in fact lewd or lascivious.

No mother should let herself be relegated to the ladies' room (polite word for toilet area) to breastfeed. No adult would consent to this insulting treatment. Why inflict it on babies and their mothers?

While I believe it is important for a mother to breastfeed where she is most comfortable, I refuse to let others dictate to mothers where they can and can't breastfeed. *If a woman uses the same good manners to breastfeed as she uses while eating,* there is no reason to refuse her the right to breastfeed anywhere that other human beings are permitted to eat or drink. I respect others' rights in the sense that I would not sit on their lap to breastfeed, or place my breasts in front of their faces. But there can be no such thing as a public "right to be protected from the sight of a breastfeeding mother." Any guardian of the law/morality who views this otherwise is an ill-adjusted individual in need of much education to undo a warped-sense of morality/decency.

We have much for which to thank groups such as LaLeche which do support breastfeeding and do educate the general public in this area.

Our children deserve the best possible start in life. Society must view the natural prerequisites of individuals as an inalienable right of babies. A nation that represents itself as the champion of human rights can do no less.

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[1] *Life Before Birth,* Ashley Montagu. The New American Library, NY, 1977, p. 226.

[2] *Symposium on Human Lactation,* edited by Lucy Waletzky, MD. US Dept. Of Health, Education, and Welfare, Washington, D.C., 1976.

[3] *Ibid,* p. 10.

[4] *Birth Reborn,* Michel Odent. Pantheon Books, NY, 1984, p. 88.

[5] *Birth and Family Journal,* Letters, William Pittard MD, 1983. np.

[6] *American Journal of Diseases Of Children,* "Frequency of Breast Feeding and Serum Bilirubin Concentration," by M. DeCavalho, Marshall Klauss, and Ruth Markatz. Volume 136, August 1982.

[7] *Ibid.* "Effects of Water Supplementation on Physiological Jaundice in Breast-Fed Babies," by M. DeCarvalho, M. Hall, and D. Harvey. Arc. Dis. Child 56: 568, 1981.

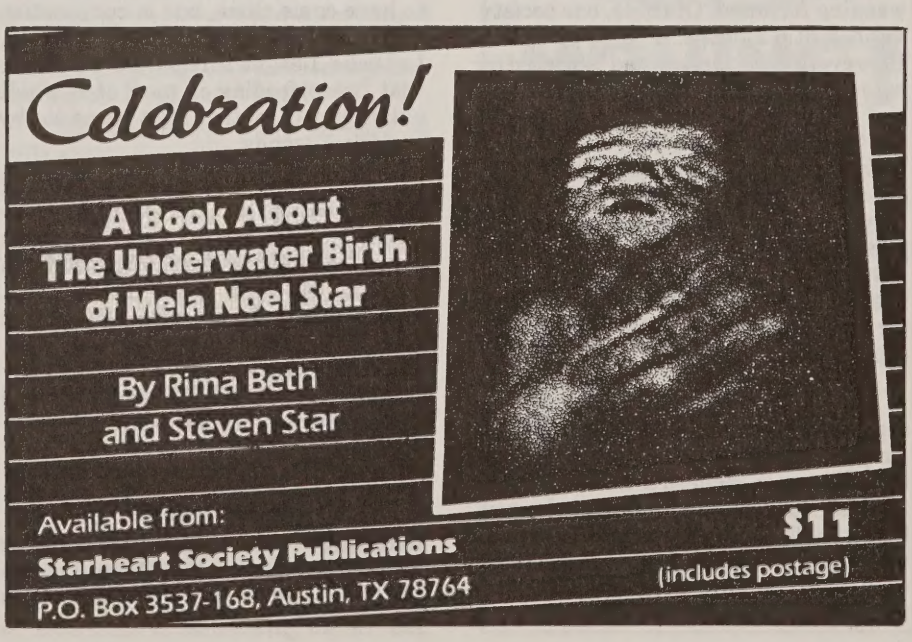
[8] *Ibid. Birth Reborn,* Odent.

[9] *Ibid.* DeCarvalho, Hall and Harvey.

BREASTFEED TO WHAT AGE?

We received letters (some agitated) about the "advanced" age of the child shown breastfeeding in the Naturist Society brochure on this question. The cover photo of this issue may give rise to the same complaint. Objectors seem to want an infant of one year or less without evident awareness of the scene around it, preferably cradled by a Madonna-like mother equally blissed out.

Is this a valid objection? Or have we been brainwashed out of permitting our children to nurture at the breast until



they *are finished, and they so decide?*

Comments from mothers who have breastfed until the child is as much as four or more and evidence in the literature (see below) suggest: A widespread wish for infant faces only at the nipple is further proof that our children have been done out of much of their birthright by the propagandists of body fear. Not only the right but the duration *of breastfeeding is very much at issue in this sexually sick society. — Editor*

Late Weaning in Cross-Cultural Historical Perspectives

Niles Newton

Professor of Psychiatry and Behavioral Science, Northwestern University Medical School

Most babies in most periods of history and in most places of the world have been breastfed from two to four years.

Historical and cross-cultural documents clearly show that our current customs of total physiological detachment of infant from mother within a few weeks of age deviate markedly from the usual biological pattern of our species.

For instance, C.S. Ford's classic monograph on preliterate peoples analyzed 64 simple societies scattered over many parts of the world on whom reliable records were available. Records concerning weaning age were unknown or unclear in 19 of the 64 societies. However, the remaining 46 societies had records concerning the earliest age of weaning recorded. Of these, one society weaned at 6 months, none at one year. However, 13 societies had 18 months recorded as the earliest age of weaning and 16 more weaned at 2 years. In another 15 societies, 3 years was the earliest age of recorded weaning. It should be noted that this date refers only to the earliest weaning age. In cultures in which some children were weaned at three, others may not have been weaned until four. Breastfeeding for six or more years is also occasionally reported.

It is easy to see ourselves far separated from societies that follow a simple, preliterate way of life, but actually our own cultural heritage up to 200 years ago was also one of prolonged breastfeeding. The explorers of the new world and the hearty Elizabethans were very likely to have been breastfed for two years or longer.

A fascinating analysis of breastfeeding advice in books written by doctors published from 1550 to 1900 has been done by Alice Judson Ryerson, and published in the Harvard Educational Review. She used English books until 1800, because before that time America lacked its own, and after that time only books published in America were used although some were reprints of European authors.

Up to 1650, weaning at two years without qualification was recommended. During the next 75 years the average recommended weaning age was 21 months with an age spread of 1 to 2 years at extremes recommended. However, during this period from 1650 to 1725, breastfeeding *four year olds* was common enough to be mentioned with disapproval.

From 1750 to 1900, the usual opinion expressed by medical writers was that weaning at 10 to 13 months was desirable. Not until after 1850 was a nursing two year old singled out for disapproval.

There is always a question of how much medical advice is actually followed so it is interesting to note that there is evidence that breastfeeding was actually continuing many months in the early part of the 20th century. A survey done by the United States Children's Bureau studied babies in several cities between 1911 and 1916. In all 22,000 infants were studied and 58% of these were still breastfed in the 12th month of life.

It should be noted that the changes in breastfeeding customs do not seem to have come alone, but in conjunction with a whole body of related customs. LaLeche League's repeated emphasis that breastfeeding is part of a whole philosophy of mothering is borne out by historical trends.

With the recent resurgence of breastfeeding its duration has increased, with many mothers again breastfeeding into the third and fourth years as did their great, great, great grandmothers. In my experience, these long-nursed children develop very well. The early closeness gives them an easy independence as they grow older, based on deep feelings of security.

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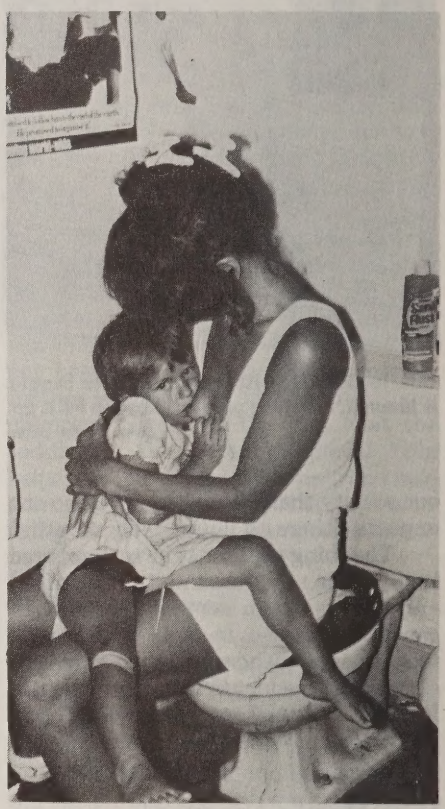


Surgeon General's Report urges end to the rule of body fear, which sends nursing children into toilets to be nursed.

Nikki Craft photo

BREASTFEEDING: THE SURGEON GENERAL'S REPORT

On October 1, the Surgeon General of the United States, Dr. C. Everett Koop, published his Report on Breast-feeding and Human Lactation, based on a Workshop held at the University of Rochester Medical Center in June. The Report will be distributed to influentials in business and industry.

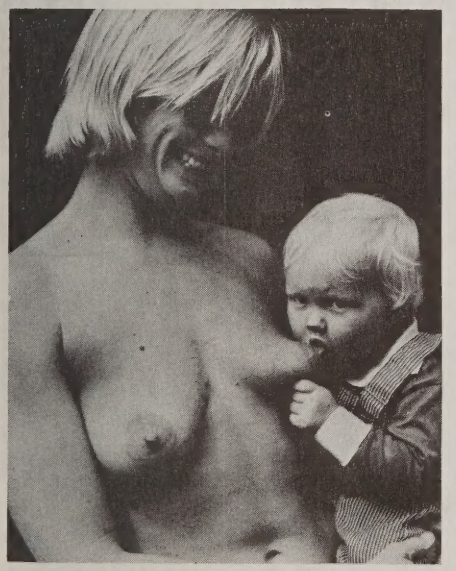
Even before its issuance, at the Workshop, Surgeon General Koop warned: "Some of these recommenda-

tions are impossible to implement without passing legislation. While I will not ignore your concerns in these regards, neither can I make any promises."

Koop had reason to worry for the fate of the recommendations. They include the use of women breastfeeding as role models in advertising campaigns. "The goal is to portray breast-feeding as the community norm, as common as popcorn," Dr. Frederick Holmes of Fairfax, Vermont told the workshop. Holmes represented the American Academy of Pediatrics.

Even more likely to meet resistance is the Report's call for a campaign to educate public officials to remove or modify laws that can be used to prohibit breastfeeding in public, such as laws against public nudity or indecent exposure.

Copies of the Report can be requested from: Bureau of Health Care Delivery and Assistance, Dept. of Health & Human Services, Health Resources and Services Administration, Rockville, MD 20857.



What is America Still Cruelly Taking Away From Its Children? And Denying to Women? The Right to Breastfeeding Without Shame.
Clytia Fuller photo

BREASTFEEDING WITHOUT SHAME

When an infant and mother are acting upon the natural impulse to satisfy the child's hunger, isn't it astounding that the pure primal need for nourishment is often polluted by shame and embarrassment?

This awkward response results because our society has made a sexual fetish of the female breast.

More precisely: Madison Avenue has sexualized the breast, projecting onto it a desire and shame far beyond (and poorly corresponding to) its natural function. Must we accept this merchantile perversion of wholesome behavior?

Or shouldn't we expect more in a free society?

In A Free Society, All Chests Will Be Free & Equal

Why not? We've come, in a hundred years, from a Victorian cultural inheritance—where the mere mention of the "leg" of a particular woman, or even of piano legs, was considered crude and risque—to a society where the patriarchy no longer treats women successfully as possessions to be hidden, euphemized and controlled.

But with the right of women and mothers to vote, to be employed (even at equal wages), to be free of sexual harassment, etc., already secured in principle, the right of nurturing is still effectively denied outside the home and the intimate family.

How are women supposed to combine the roles of mothering and non-household employment, when mothering is curtailed by puritanical hostility?

The Naturist Society wants to say something important to Madison Avenue, and to the restaurant managers, employers, law enforcement officers, and others whose ideas and policies are effectively molded and controlled by Madison Avenue.

The word we want to say is "SHAME on you!" for stigmatizing the natural body functions.

Want to Entrench the Status Quo?

1. **Avert Your Eyes.** Makes everyone feel uncomfortable because you are.

2. **Gawk.** Stare, particularly if a man. Fetishize the breast from a wholesome, lifegiving gland into a sexual thrill opportunity for yourself.

3. **Giggle.** Throw a cloth over the breast.

4. **Order** the mother and child into the toilet, if you are in a position of power. Make breastfeeding a dirty deed!

5. **Denounce** breastfeeding on demand whenever possible. If you are a mother, demand Nestles formula.

Want to Encourage Natural Conditions for Nursing Mothers and Infants?

1. **Breastfeed proudly.** Nurse your infant as nature intended. Infants and mothers become physically and psychologically healthier, studies show.

2. **Suggest that friends** consider it as a desirable option. (In some cases nursing isn't medically appropriate.)

3. **Encourage and practice toplessness**

MOVING?

Attach present mailing label here and write in new address below.
(Please allow 4-6 weeks processing time.)

Name _____

Address _____

City _____

State _____ Zip _____

MAIL TO
The Naturist Society,
%Bonnie
P.O. Box 132
Oshkosh, WI 54902

at beaches and other appropriate locations, to desexualize the breast of lust and shame.

4. **Support** and get nursing advice from La Leche League (9616 Minneapolis Ave., Franklin Park, IL 60131).

5. **Gain support** for public debate and actions from Cross Your Heart Support Network, P.O. Box 1729, Santa Cruz, CA 95061.

6. **Join** with other women for discussion and to demand changes in public policies which discriminate by gender.

Help to Wean America From Puritanism

(The above is the text of a two-color brochure, released by The Naturist Society in July as a tribute to the U.S. Surgeon General's Report on Breast Feeding and Lactation. Copies of the brochure are available, 25 for $4.25 or $24.00 per 250 postpaid).

BREASTFEEDING FRUSTRATED

Tierney O'Brien-Bovan

Naturist Rochester

On a recent visit with my mother, we went to Georgetown—a suburb of Washington DC—to shop. With us were my daughters, Heather (3½ years) and Molly (4 months old).

We first went to the Georgetown Mall, to a houseware store called Conran's which sells furniture, rugs, bath specialties and gadgetry. We spent about $60 shopping there, and Molly became tired and needed to nurse. So I sat down in a display area and proceeded to nurse while my mother and older daughter continued to shop.

After five minutes or so a man approached and said I would have to leave. At first I thought he meant because I was sitting in a display area, but he said breastfeeding is against store policy. I was shocked! I asked, Is it a written policy? He said it was.

Well, I made no move to get up. By this time Molly was fast asleep at my breast (which by the way was not exposed in any way; I am always discreet so as not to cause embarrassment to others, although I find this maddening; if they don't like what they see, they shouldn't be looking so hard).

The man said again I would have to leave. I was still stunned to think this was actually happening. My mother thought it was a joke. How could anyone possibly care how I fed my baby? The only response I could think of to the man was, "Does this mean you are not allowed to eat and drink at work, and if so, why does your store have a drinking fountain?"

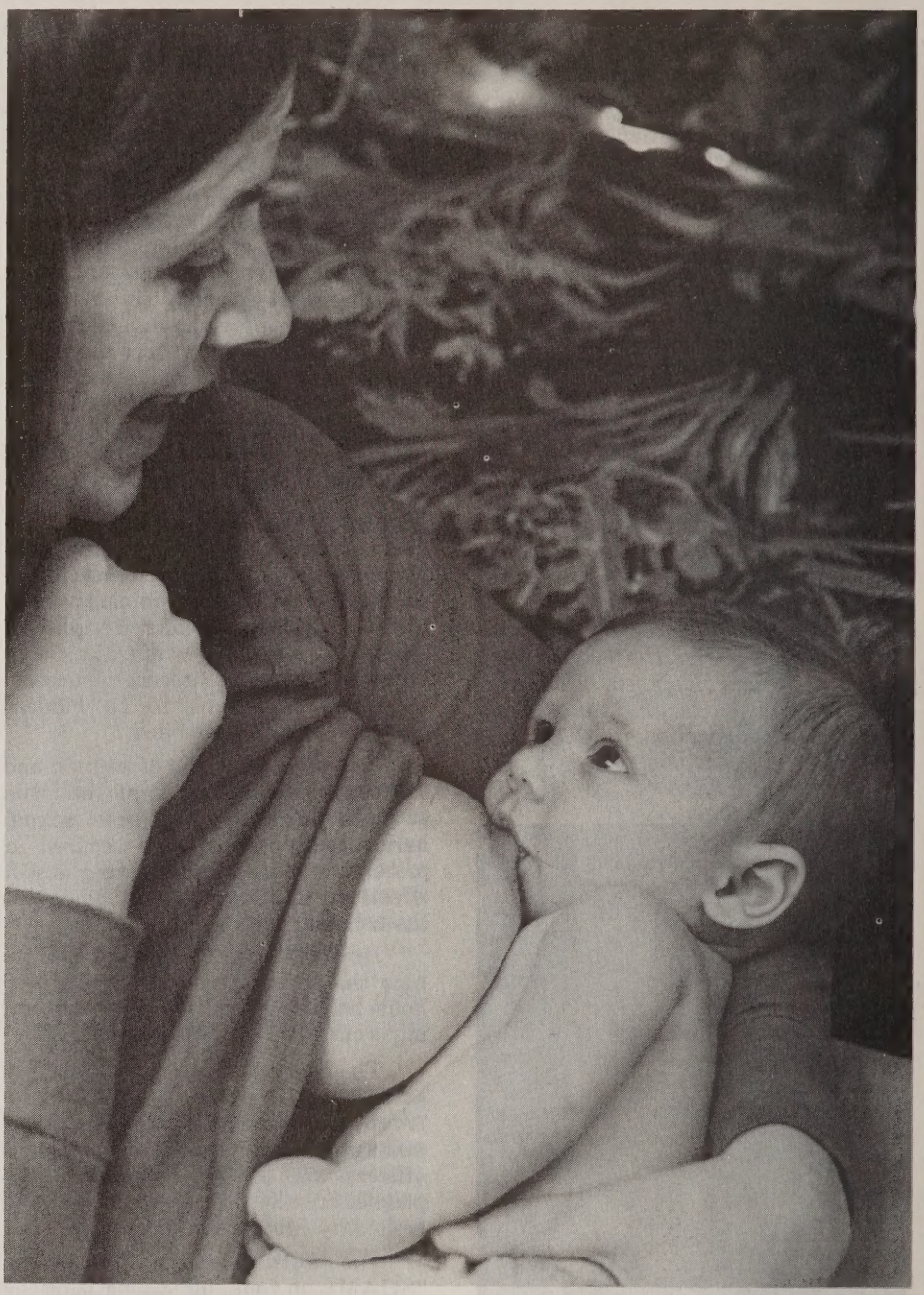
His reply was, "That's not the issue. The issue is it's against store policy." He turned and walked into a stockroom.

I never got up in this conversation. When my mother finished shopping I walked around with her a bit with Molly still asleep at my breast. Then we left.

If I lived in the Washington metro area I would have called up every nursing mother. We'd have picketed that store and had a nursing sit-in.

Our society has really taken some wrong turns. I would never think of not nursing a baby in need of the breast—no matter where I was.

Conran's actions were intolerable. Breastfeeding is beautiful.



Tierney O'Brien-Dovan breastfeeding her daughter, Molly, who was born at home.

Naturist Rochester photo

Dee Dee Henderson Gears and son Justis Gears with a Naturist Rochester group at Stephs Pond, Williamson New York. *Frank Shepard photo*

LEGAL RIGHTS OF BREASTFEEDING: NEW YORK STATE

In one of naturism's first ventures into the political arena, New York Governor Cuomo recently signed into law an amendment to the state's 1983 prohibition of nudity. The amendment provides an exception for breastfeeding mothers.

The amendment was initiated by the Tri-State Metro Naturists, whose version also would have committed the state to allowing local communities to designate for nudity-permitted areas.

Quarreling within TSMN as to the worth of directing scarce resources to a weak amendment led to TSMN's effective withdrawal from the support of its own initiative, a sad case of scrambled decision-making. However, the amendment was introduced by Rep. Gary Proud of Rochester at the request of Naturist Rochester. After the community-choice option was suppressed by the legislature (so much for community rights in New York State!), the simple breastfeeding-nudity right passed, and was signed by Cuomo.

Just as legislator Gerdi Lipschutz's original law to ban nudity was written with indescribable clumsiness, so too the amendment, after dilution, is clumsy—permitting a woman with a baby at her breast to be completely nude even in Times Square! (Let's hope naturists get more benefit from this peculiarity than will, say, outdoor go-go dancers with babies at breasts.)

Congratulations to Naturist Rochester for perseverance in the always-frustrating political process. The commitment to our babies' rights to nutrition is no small thing, and shaming the mothers out of breastfeeding is itself shameful. At least the New York State law now has this one wrong righted.

Diane Kraus and her son Mike with a Naturist Rochester group at Stephs Pond, Williamson New York. *Frank Shepard photo*

LEGAL RIGHTS OF BREASTFEEDING: USA

Introduction: *The amendment to exempt breastfeeding from the New York State law (above) was supported by the La Leche League as well as by naturists. The following article, distributed by La Leche League International, was first published in* Advances in Maternal and Child Health (1983)—CwS.

Mary Lofton and Gwen Gotsch

The increased incidence and duration of breastfeeding among women in the United States has brought with it an increase in the number of legal cases involving breastfeeding mothers. The number of nursing mothers with legal problems that La Leche League (LLL) is helping increases each month. Meanwhile the overall increase in the number of breastfeeding women has doubled in the past decade. In 1980, fifty-five percent of American women breastfed their babies during the first week of life as compared with twenty-five percent in 1970. In that same year only five percent of mothers were still breastfeeding when their infants were five months old. In 1980 almost thirty percent were still breastfeeding.

Mothers are breastfeeding in larger number and for longer periods today mainly because they have received practical advice and encouragement about breastfeeding from other nursing mothers through support groups like La Leche League. In addition research has confirmed that breastfeeding provides superior infant nutrition, protection against disease, and an ideal way to establish a close relationship between mother and child. As a result many physicians today are more supportive of nursing mothers' needs and many hospitals have changed their routine to accommodate the breastfeeding mother and baby. Also mothers are much more committed to breastfeeding and consider it a basic right for themselves and their babies.

Unfortunately, the social and legal institutions that are a part of everyday life in the United States do not reflect these changes in attitudes about breastfeeding. Women who are committed to breastfeeding and who experience a fairly lengthy lactation period find their breastfeeding in conflict with social customs, business rules and regulations, county ordinances, and court orders. These are not isolated incidents. In a two-and-a-half-year period ending September 1, 1982, 245 women contacted the office of La Leche League international (LLLI) requesting help and information regarding legal situations that threatened to interfere with the breastfeeding of their babies. The many different problems that nursing mothers encounter fall into these categories:

- Failure of society to accept discreet nursing in public.
- Need for an extension of maternity leave.
- Breastfeeding mothers' ineligibility for disability payments.
- Employment outside of the home or attendance at school.
- Response to a jury duty summons.
- Separation of mothers in prison from their nursing babies.
- Custody or visitation arrangements

Taking baby out-of-doors to nurse is relaxing and natural, if too often inhibited by the artificial fear of being seen. La Leche League reports that the number of mothers asking protection against such harassment, indoors and outdoors has risen dramatically since 1977.

Julianna FreeHand

following a divorce.
LLL does not give legal advice in any of these situations but is able to give background information about similar cases and send reference material on the nutritional and immunological value of human milk, the importance of the breastfeeding relationship, and the need of mothers and babies to be together without lengthy and traumatic separations. Contact: La Leche League International, Post Office Box 1209, Franklin Park, IL 60131.

Nursing in Public

Despite today's growing acceptance of breastfeeding, many people in our society still have difficulty in recognizing the baby's basic need to nurse at the breast. The first indication that this was a problem dates back to 1969 when mothers first contacted La Leche League about nursing in public. At that time mothers most often encountered resistance to public nursing in restaurants, while this past decade has added retail stores, waiting rooms, swimming pools, churches, and public parks to the list of places where mothers are asked not to breastfeed their babies. The most recent complaint came from a woman who was asked not to nurse her baby in the waiting room of a children's dance studio.

One of the first cases to receive national attention occurred in 1977. A New York mother, nursing discreetly covered by a large beach towel, was watching her two older children swim in a community pool. The management informed her that she could no longer do this. Because of her protest she lost her family membership in the pool. She filed a discrimination suit against the village and won a financial settlement three years later. The village also agreed to construct an enclosed area for feeding all infants, both breast- and bottle-fed, with an unobstructed view of the children's pool.

In 1981 two other cases received a great deal of attention in support of a mother's right to breastfeed outside her home. When a waitress in a family restaurant in Iowa asked a mother to stop nursing her three-month-old child, the family responded by leaving the restaurant. The mother filed a complaint with the local Human Rights Commission and as a result the restaurant chain agreed to allow mothers in all their restaurants to nurse their babies at dining tables.

In a second case, a police officer in Missouri warned a mother that she could not breastfeed her baby in a parked car in a shopping center parking lot. The officer said that if anyone complained, the mother could be cited for indecent exposure. The mother contacted a county councilwoman who proposed a new ordinance allowing mothers to breastfeed in public. At a hearing on the proposed ordinance, members of many community organizations along with private citizens staunchly supported a woman's right to breastfeed in public. Following the hearing the existing county ordinance on indecent exposure was rewritten to exclude "the exposure of the breast incidental to feeding a child."

Apparently the minimal breast exposure involved with nursing is not really the issue. All of the mothers in these cases state that they were nursing discreetly. They are not exhibitionists, simply women who have chosen to nurse their babies. It seems, therefore, that many people must object to the very idea of a baby nursing at the breast especially in a public setting. On the other hand, nursing mothers feel very strongly that a woman need not and should not be relegated to the bedroom or the bathroom in order to provide nourishment for her baby. A baby's need to nurse is natural and normal, and a breastfeeding mother cannot meet this need with breast milk substitutes in a bottle in order to satisfy the objections of a small group of onlookers.

Despite cultural inhibitions many mothers do discreetly nurse their babies in public places. Some institutions are changing their policies, too. In the past year a department store has written a new policy for breastfeeding in the store's restaurants. This policy not only recognizes the needs of breastfeeding mothers and babies but also gives specific suggestions to restaurant employees on how to deal with any complaints from other customers. Also, two popular and well-known "theme parks" have changed their policy on breastfeeding. Previously mothers were allowed to breastfeed only in a special facility. But now as long as a mother is nursing discreetly security personnel will no longer approach her and ask her to stop or request that she go to the feeding facility.

When more of these kinds of restrictions on breastfeeding outside the home are removed it will be easier for childbearing women and all of society to see and accept breastfeeding as a natural part of maternal behavior. The effect of this kind of acceptance of breastfeeding could have very positive and far-reaching implications for the future of breastfeeding in American Society.

BECAME NUDIST AS BEST ENVIRONMENT TO BREASTFEED

Ellyn Kern

My involvement in nudism was clinched because at the time of my introduction to the lifestyle, I was nursing a baby. A nudist camp environment was the first and only place, outside of my home, where I could breastfeed without censure.

As years passed and my interest progressed, I found myself the manager of a nudist club and pregnant. We looked for an August home birth, and that was likely to occur at camp! We located a doctor who agreed to serve as back-up in the event we needed her. I later learned that, unsure of what she was getting into, she'd consulted a lawyer friend to accompany her to the camp were she needed. As it turned out the baby was born unattended at my home, not at the camp; the lawyer, however, joined the club.

The baby, now 19, has been managing the Tri-State Country Club for several years, and takes pride in saying "I was born a nudist." He means more than most of us can in saying it.

Later, I began really connecting my ease in breastfeeding and natural childbirth as being benefits of nudism. An offhand remark by Dr. Bradley at a La Leche League meeting about nudist breastfeeding mothers not having sore nipples made it "click" for me.

Since then I have analyzed and proselytized the mutual association of the practices. One does not necessarily happen because of the other. But the philosophies of each have mutual roots. I personally could not espouse one without the other.

BREAST RIGHTS

BREAST RIGHTS: A CHALLENGE TO FEDERAL DISCRIMINATION

On August 22, Nikki Craft removed her shirt on Herring Cove Beach of Provincetown, Massachusetts where the Cape Cod National Seashore enforces law and order.

The CCNS still has a special regulation from 1975 on the books, forbidding nudity so that Ann Calbi, the ranger who shortly came along on horseback, told Craft to put her shirt back on. Craft refused the order, declaring it was gender discrimination.

Calbi called into headquarters. Soon her superior, the north district ranger Irving Tubbs, was driven up to make the arrest. Craft was handcuffed as she repeatedly refused to conceal the breast. By this time the women of Herring Cove Beach were booing the arresting rangers. They applauded Craft as she was thrust into the vehicle. One man went about pointing: "Tits! Excuse me, officer, I've got them! This man's got them! What's obscene about tits! You have them." The women of Herring Cove Beach doffed their tops and stood equal-chested, fists in the air in defiance, as Tubbs took his quarry to Provincetown jail.

The men and women left on the beach immediately took up a legal defense collection, raising over $35 (and who carries money to the beach?). The "Girlie" flyer, reprinted here, was in demand. Thus began what is, apparently, the first deliberate challenge of federal gender discrimination in dress-code regulation.

Several states already have jettisoned the double dress standard, even where they prohibit genital nudity. To strike down this provision of the CCNS nudity regulation would send a clear message from the court throughout federal jurisdiction. Every federal beach could be non-discriminatory. And federal precedent should control state and local.

Craft's test case further challenges CCNS' refusal to provide for a nude beach, nearly ten years after the judge in the 1975 decision held there was a "substantive constitutional right" to be nude on remote CCNS beaches. The only such Seashore regulation in the nation could be eliminated.

Nearly all the Cape Cod newspapers headlined Craft's action. The New York Times *reported on it in detail. The Editor of the Yarmouth paper followed up two weeks later with this estimate:*

DELIBERATE CIVIL DISOBEDIENCE is part of the American way of obtaining justice—ever since the Boston Tea Party opened the road to Independence. Here, Craft fails to put on her shirt when Cape Cod National Seashore Ranger Ann Calbi rides up to an area commonly used by women who are topless with rangers absent. *Naturist Society photos*

The Sensibility Gap

Dana Hornig

Nikki Craft, a Wisconsin woman, is legally challenging the Cape Cod National Seashore's regulation requiring women to keep their breasts covered on Seashore beaches. Not surprisingly, some people are amused. Some make puns or snide jokes. Some think it's a trivial issue. The *Cape Cod Times,* for example, editorialized that Craft is "an interesting summer diversion," but concluded that "she's promoting herself and her beliefs at the expense of the majority," a maneuver the paper has decided is exploitive and degrading to women, much like pornography.

"She's picked the wrong place to make waves," states the *Times.*

No, men don't like women who make waves. If women won the right to be bare chested what would happen to the American industries which depend

SUPERVISING DISTRICT RANGER CALLED. As citizens voice disagreement with federal policy concerning areolas, Craft, who refuses to don shirt, is arrested and handcuffed by Irving Tubbs.

on not quite showing breasts, feeding male fantasies?

They tend to put down as trifling ("summer diversion") the acts of political conviction which challenge ideas. Nikki Craft took her top off. Twenty nine years ago, a black woman named Rosa Parks refused to move to the back of an Alabama bus.

"In a sense, the requirement of wearing a strip of cloth on a part of one's anatomy while in public is a trifle, especially when compared with the burdens imposed upon people of poverty, war, racial conflict, violent crime and so on," argued Nikki Craft's lawyer in a California court in 1981 when she challenged toplessness on state beaches there. "But the fact that the particular burden may be of minor importance does not mean that the issue is trivial.

"If anything, the burden of being required to sit at the back of the bus, rather than being permitted to sit at the front, is even more trifling. Yet a confrontation over that ignominy in 1955 by Rosa Parks is credited by many historians with expanding the struggle against racial injustice from the courts of lawyers and judges to the homes and streets of ordinary people and produced one of the most dynamic and inspiring social movements this nation—or the world—has experienced.

"The factor that translates the trifle in each instance to a matter of import is that in each the burden served to put an official imprimatur on a system of discrimination against a group of people. This discrimination not only entailed a host of trifling inconveniences, but also relates to a system of overwhelming exclusion from economic benefits and social power.

"The tolerance of sexist laws leads to the rape-murder: That is the perception of the defendant, Nikki Craft," argued her attorney in 1981. "It is her conviction that of such trifles is the system of discrimination made up which, ultimately, empowers males so inclined to enforce the inequality of social rights through violence and murder. This rule of violence in our society reinforces, in turn, the 'minor' inconveniences, such as laws mandating dress, of which the system of subordination is maintained."

Craft's cause is neither exhibitionism nor some frivolous desire to shock. It is a political idea rooted in the struggle for female self-value, right of self expression and wholesome self recognition, unconstricted by male fantasies or male conventions or control. It challenges the idea that there is a valid social interest in keeping female breasts covered on the beach while male breasts are uncovered.

It challenges custom; it challenges a male world which for its own entertainment reasons wants to keep female breasts inside skimpy bikinis or uncovered in provocative poses inside magazines; it challenges the eyes of beholders.

Most fundamentally it challenges the constitutionality of the present situation: "Whatever First Amendment rights men have to express their personalities and masculinity through the public display of their chests, women have a like interest in displaying their personalities and femininity through the public display of their chest," Craft's lawyer argued in California.

"It is not permissible for government to act with solicitude toward masculine expression and suppression toward feminine expression. (Craft's) case, in the final analysis, involves the need of many in our society to continue with an unconstitutional—and terribly destructive—double-standard ethic in which women are to be treated as the

DISCONCERTED BY SUPPORT FOR CRAFT, rangers hustle Craft off to jail. Leaflet distributed during the action follows this article.

property of men. The Constitution does not permit it; many women are no longer willing to permit it."

Craft's Cape Cod case will be asking a federal court to no longer permit it.

Contrary to the *Times* contention that "old ways linger and people prefer they continue," fifty years ago it was illegal for men to bare their chests in this state and few men today, I suspect, would prefer that such an archaic custom had continued, or indeed tolerate it today if it had.

Old ways, we all hope, socially evolve in the direction of a more just, more fulfilling life experience. Throughout much of Europe, the Pacific and the southern part of this hemisphere female toplessness has become naturally accepted.

And contrary to the *Times* editorial assertion that Nikki Craft has "picked the wrong place to make waves," Cape Cod National Seashore is the only National Seashore in the country with a special regulation against nudity, and it was passed back in 1975 because Seashore nude beaches had become too popular.

Craft's cause and her challenge of ideas are neither trifling nor wrong placed nor unsupported. To treat them that way only underscores how deep seated sexist male thinking is when it comes to the bare female breast.

AS RANGERS DEPART THE BEACH GOES TOPLESS. Defiance for the federal regulation against nudity, which exists in the National Park Service system only at Cape Cod.

Ranger Ranger!

At Herring Cove Beach,
the mounties ride
their horses up and down
patrolling, armed,
on the beach at Provincetown.

They're into leather;
brace and belt and holster
squeak and gleam
as they ride
in sunny weather,

Looking for the breasts.
The low hanging breasts,
the high pointed breasts,
the brown wheaten breasts,
the white coned breasts.

Riding to the brow
of the dune they peer
and then swoop down,
to give a $50 fine for lewd
and becoming nudity.

Bits of color cover
breasts as the call
fades down the beach,
in sunny P'town—
"Ranger, Ranger, Ranger . . ."

—Marney Saaz
Reprinted from *Womantide*

Bob Marshak

"Keep Your Shirt On, Girlie!"

"Not one more Hot Summer Day — not unless it's OUR choice!"

BEING FORCED to keep a shirt on, even when it's hot, even when leaving it off would be exhilarating and comfortable and we'd like to get an overall tan — is to be a second-class citizen. It's unfair. Men freely permit themselves to be shirtless. Going shirtless is a political act.

Here's Some Background

Only fifty years ago, The Law said MEN couldn't expose their chests and nipples in public, including at the beach. Men were arrested in Boston, New York, California, and elsewhere for going shirtless.

But, men refused to accept this dictation of dress code. They took off their shirts at beach after beach, and day after day, until the authorities backed off. When men realized that it was insufferable oppression for the dress code to be dictated to them, they took off their shirts as a political awakening. This is happening with women's right to be shirtless now too.

Women's legs or "gams" were sex objects not fit to be seen just a century ago. Then, the Bloomer Girls — daring dresscode radicals in their day — pioneered the freedom from confining leg gear. Slacks, pants suits, swimwear, the bikini were the result. It is time for the feared, despised "boobs" to finally lose their titillating and male-controlled status.

Is the dress code "for our own good"? We know that taking a shirt off will not incite rape. We know also that keeping it on will not protect us.

We're unimpressed by arguments that breasts are sex objects and should be suppressed. Women's breasts are secondary sexual characteristics just like men's beards, chests and broad shoulders.

Commodity Function of Breasts Keeps Shirts On

What women's breasts have become for male fantasy — in our fanatically profit-oriented society — has been confused with commodities. The swelling curve, restrained and highlighted by the famous diaphonous blouses of perhaps a thousand romance novels but a billion ads and TV spots, is a sensuous promise for satisfaction that manufacturers cannot otherwise provide.

The soft-core merchandising of corporate culture aside, — men never hesitate to get out our 'sexual parts' when it's in their interests. All the laws controlling 'obscenity' exempt the display of women's bodies, when it is done as commerce in business venues such as topless bars and porn mags. So-called 'puritanism' has had its 'exceptions' through history. The question is whether the inherited body of patriarchal laws shall continue to strip women of the right to control our bodies, with the new purpose of controlling the view of those bodies so as to utilize it for consumer seduction.

When the sight of shirtless women, of all ages, sizes and shapes, becomes commonplace, the fetish of breasts as consumer sex objects will go the way of legs as sex objects.

The female torso is beautiful, yes; and sexy. But inherently not more so than the male torso! The question is simply one of discrimination and patriarchal prerogatives for men to determine women's behavior and human rights.

To Naturally Accept the Breast

The breast is no secret in pre-industrial cultures. It is routinely available to infants for nursing, nor is it concealed from children and adults. The breast is the site of nourishing, the symbol of a nurturing, fundamental, highly respected role for women in society. When industrial civilization suppressed the breast and called it shameful to see, our dignity was undermined. The control of our bodies was stripped away by the act of covering us up.

Wrapping women in shirts by compulsory dress code is unconstitutional; it denies equal protection before the law. There is no redeeming social need for such dress codes.

Take back breasts from the Pornographers and Go Go entertainment joints. And from Madison Avenue. Reinstate our rights and dignity as nurturers and human beings with equal gender rights and legal standing.

Men won't do it for us; but many will join with us in our doing it.

Go ahead. Be brave. Go shirtless when YOU want. When it's appropriate. Just as men have done for fifty years!

Contact:

(NOTE: This flyer was handed out on Cape Cod beaches while launching the test case for shirtless and nude rights. Simply insert your group or individual address here, in replacement of this note, and photocopy this page for your own action.)

Further information from Cross Your Heart Support Network, POB 1729, Santa Cruz, CA 95061. At top is a Cross Your Heart march through downtown Santa Cruz ending at the police station for photographs, in support of a court test of shirtless rights on California state beaches.

Published by The Naturist Society, POB 132, Oshkosh, WI 54902.

"FEMINIST SPREADS BARE-BREASTED GOSPEL AGAINST PORN"

Ann Schottman Knol

Reprinted from the Southern Illinoisan of September 5,1984

Nikki Craft blasted sexual violence and pornography in a speech at Southern Illinois University-Carbondale Monday night—and then she bared her breasts.

Ms. Craft said being against pornography but for nudity is not a contradiction. Her sometimes humorous, sometimes angry and sometimes sorrowful speech was sponsored by the Coalition for Safety as part of Women's Safety Week in Southern Illinois.

Pornography, especially pornography that portrays sexual violence, makes women into objects and "the easiest way to commit violence against people is to see them as not quite human," she said.

On the other hand, women are forced to continue wearing tops even at the beach or when working out in the hot sun, while social mores allow men to strip to the waist under such conditions. That is a double standard which promotes the idea that women's bodies should be hidden as objects of lust, Ms. Craft said. A tiny bikini just says, "Hey, look what's under here," she added.

She wants women to be able to go topless any place a man is allowed to go topless, and she thinks that could mean healthier, less violent relationships between the sexes.

"I am not against nudity, but against the exploitation of nudity."

To illustrate her point, at the end of her 2½-hour speech Ms. Craft took off her top, exposing her breasts for about 10 minutes during a question-and-answer session. More than half of the 150 members of the audience were women, and the majority appeared to be in their 20s. The crowd gave her a standing ovation after her speech and applauded again when she bared her chest.

Ms. Craft, who is touring the country with her message of feminine equality and anti-violence, has been arrested 17 times during media events she has staged over the past 10 years. The latest was a topless sunbathing stint at Cape Cod National Seashore, which earned her an arrest on a public nudity charge Aug. 22. Charges are pending.

To stop sexual violence, women have to do more than "pull off our shirts and get the (public nudity) law changed," she said. She believes women and men have to work together to change how women are viewed.

Ms. Craft, now 35, started on her pilgrimage when she was 19. What she does and what she is may be partly a result of being raped at knifepoint at 15, and partly a result of having a feminist mother. But mostly, she said, it is a result of growing up a woman in a society that has double standards for men and women.

After trying to spread her beliefs through such traditional methods as stuffing leaflets under windshield wipers, Ms. Craft decided that "civil disobedience" would get the widest media and public audience and so would be the most effective.

In addition to baring her breasts, sometimes along with other women, in various public protests, she has poured ink and the blood of fellow rape victims on store displays of *Hustler* magazine. She also poured chocolate syrup over some library photos of nude women who were portrayed as having been violently killed, and she threw raw meat down on the stage of a beauty pageant to symbolize how she believes the female pageant contestants are viewed.

She helped found an alternate beauty pageant, titled "Myth California," to protest the Miss California pageant held every year in Santa Cruz. About 1,000 demonstrators helped stage Myth California last year, she said.

For three days and 17 miles, she wrote in chalk on the streets of Santa Cruz, "Violence in society equals violence in the media equals violence in society equals violence . . ."

She also helped found several protest groups, including Women Armed for Self-Protection in Dallas in 1974, the Preying Mantis Women's Brigade in Santa Cruz in 1980, and the Cross Your Heart Support Network in Santa Cruz in 1981.

She said the Preying Mantis group is not anti-male, despite the fact that the female preying mantis usually devours her mate. The insect was not chosen to symbolize the group as a protest against men but because the preying mantis can look in all directions, is a martial arts expert and is excellent at controlling pests, she said.

The Preying Mantis group, which has both men and women as members, has targeted *Hustler* as one magazine that helps foster attitudes of violence toward women. The group has been successful in getting the magazine removed from some stores.

To make a living during these protests, Ms. Craft sells ceramics she makes, works at odd jobs such as secretary, file clerk, and park crew member. For legal help after her brushes with the law, she relies on free assistance from attorneys who believe in her protests.

A year ago, Ms. Craft's 28-year-old sister committed suicide. Ms. Craft said society and its view of women is at least partly responsible for her sister's death.

With a voice strained by emotion and eyes filled with tears, Ms. Craft said her sister's two-page suicide note stated, in part, "I have ugly feet and thighs, and wrinkles. I'm cute now, but what will happen when my beauty fades? What will I do then?"

Ms. Craft said she decided then that she would conquer her fear of public speaking and travel across the country to drive home the point that women are people and not objects.

(Ms. Craft) wants women to be able to go topless any place a man is allowed to go topless, and thinks that could mean healthier, less violent relationships between the sexes. "I am not against nudity, but against the exploitation of nudity."

Nikki Craft

"UNEQUAL" NUDITY

Lesley Rimmel of
Women Against Pornography

While we are in favor of nudity, we recognize that in certain contexts, and especially in this society, it can be exploitative. This is certainly true in the case of "unequal" nudity, i.e., when men are shown clothed and women nude. Then we have a power imbalance.

This is what we see so often in advertising and in pornography, especially of the *Playboy* and *Penthouse* type.

One has to judge *Playboy* on the message it is trying to get across. Unfortunately, there is so much rape, child molestation, racism, and ageism between its covers that I wouldn't look to it for guidance on any kind of liberation.

But naturist publications have very good examples of nudity. Another good work I saw recently is Michel Odent's book *Birth Reborn.* It's about various stages of giving birth, and not only are the mothers shown nude, but often the fathers are also. A very good idea.

These are all important, useful forces in presenting positive images of people. I think that your work as a naturist complements ours.

We hate sounding negative at times. Unfortunately one has to know that a problem exists—that women's bodies are seen as compartmentalized objects for possession—before one can do something about it. Just getting people to realize this is so difficult. It was difficult for me to face up to it!

I think that the work of WAP and The Naturist Society represent two sides of the same coin: People gaining control over their own bodies and their lives, free of exploitation and power imbalances.

—From a letter to Michelle Handler. Printed with permission.

Women Against Pornography can be reached at 358 W. 47 St., New York, NY 10036. A stamped, self-addressed long envelope will bring information and donations to WAP's work are welcome.

CIVIL DISOBEDIENCE

"Action from principle, the perception and the performance of right, changes things and relations; it is essentially revolutionary, and does not consist wholly with anything which was."

—Henry David Thoreau,
"Civil Disobedience"

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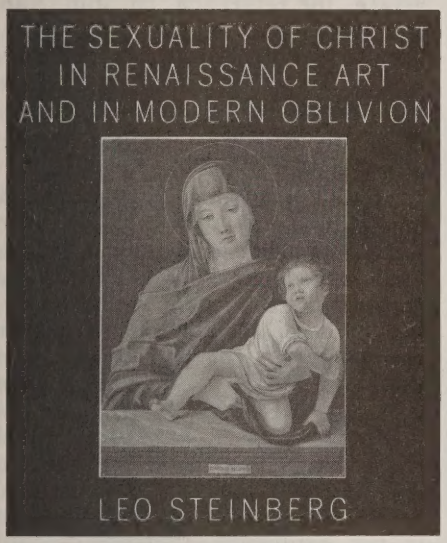
For information send a stamped, self-addressed business envelope to The Skin Cancer Foundation, Box 561, New York, New York 10156.

The Skin Cancer Foundation
Know the signs of skin cancer.

SPIRITUALITY



THE GENITAL COMPLETION OF CHRIST

Hugh Kilmer

The Sexuality of Christ in Renaissance Art and in Modern Oblivion, by Leo Steinberg. 222 pp. illus. biblio. Pantheon Books: New York, 1983. $11.95 paperbound.

"No Renaissance artist was so addicted to skin as to ignore whom he stripped," writes Dr. Leo Steinberg, as he proceeds to the revelations of this startling inquiry into the Christological art of 1250 to 1600 A.D. with emphasis upon the latter half of this period.

Dr. Steinberg shows convincingly that most leading artists were deeply concerned with Christ's genitals which offered the evidence of his fully embodied humanity. His penis was the first of his organs wounded (at his Circumcision), to begin the Passion which was the climax of his life. His penis and scrotum also offered convincing testimony to the commitment and reality of his willed virginity. His genitals testified both to the demeaning manner of the death to which public authority subjected him, and to the triumph of his resurrection. And in them too was reconfirmation of the fullness of human life to which, at his Resurrection, he gave a place in Eternity, not only for himself, but for all of us.

According to Dr. Steinberg, previous Christian art had been more concerned with finding iconographic ways by which Christ's divinity could be asserted, whereas artists who lived in the Renaissance—recognizing that Christ's divinity was well established—were more concerned with using the new, naturalistic techniques to portray Christ's humanity, the marvelous way his divinity was engaged in his life as a man. Testimony also is paid here to Christ as the spiritual "Bridegroom" of Mary, and to his dependence on her as the giver of nurturance.

On this showing, Renaissance art flourished even surpassing the written word as a testimony to God's Incarnation in human flesh. The many beautiful illustrations of paintings, and the finely-argued text, do unveil the direct presentation by Christ of his genitals as testimony that he is truly man as well as truly God: the superior person, whose genitals we may "touch" as we vow ourselves to him.

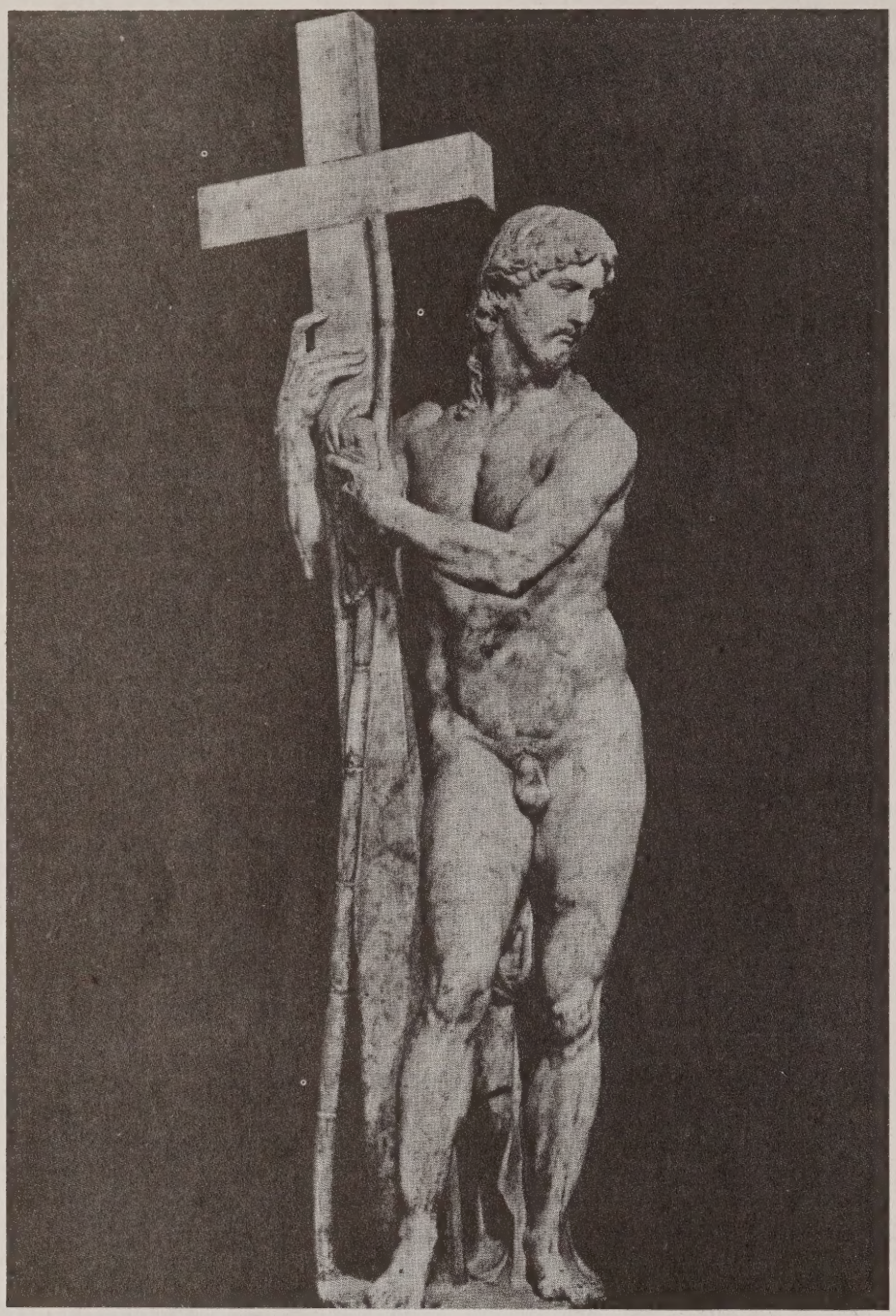
I wish Dr. Steinberg had pointed out that the concept and word "testimony" derive from *testis* which means witness, and also it means the scrotum and its contents. A Hebrew, Greek and Roman custom was to touch the testicles of a revered superior as testimony to the validity of a statement or vow.

Though I have seen many of these pictures and sculptures reproduced before, I never allowed myself to become aware of their genital focus. "Modern oblivion" has swallowed the awareness of Christ's sexuality in art. Dr. Steinberg holds that since the late Renaissance the understanding of Christ as the Incarnate God has become abstract and mythologized, eliminating any theological license to portray the true wonder of Christ in the flesh. With the miracle of Incarnation not now apparent to us, the presentation of sexual parts as a Christological attribute will tend to be taken as merely lewd. I am happy to have this new understanding. There is plenty in the book for learning, meditation, and delight.

This loss of the figural immanence of Christ is a post-Franciscan occurence. As the author states, "Nakedness becomes the badge of the human condition which the Incarnation espoused. The timing of these developments, beginning around 1260, suggests that they came in response to the spread of Franciscan piety with its stress on Christ's human nature, its vow of poverty in imitation of Christ, and its slogan 'naked to follow the naked Christ' *(nudus sequi nudum Christum).*' "

Insightful as Dr. Steinberg is in revealing the religious amnesia of our era, he disappoints in his discussion of certain paintings depicting Christ as the Man of Sorrows and at his death, in which it is quite clear Christ's penis is erect. The author seems disconcerted by this imagery, which he describes as "outrageous." He says that it "tran-

Portrayals of Christ's baptism had him naked, with genitals, as in this Byzantine mosaic from c. 500 A.D. Thereafter a growth of puritanism in Christianity ruled out genitalia until the Renaissance.



"Risen Christ" **by Michelangelo, 1514-20. The boldness of Christ's anatomy dismayed many; all copies of this work have been dressed in loincloths, and the original is to this day displayed with the genitals aproned. Says Steinberg: "Serious Renaissance artists obeyed imperatives deeper than modesty."**

sgresses because the pictorial economy is thrown off by the genital symbol . . . the failure is ultimately a failure of art." He feels that a loincloth, presented as a "glorious banner" around the genital area following its introduction (probably by Roger van der Weyden), more appropriately expresses the wonder of Christ's Resurrection within the context of the Crucifixion. John W. O'Malley, S.J., who provided the postscript, is similarly discomfited by the barely shrouded erections, and "at a loss to find a correlation with Catholic theology."

I think that Dr. Steinberg has overlooked an important tradition in speculative theology. Centuries old, this tradition holds that from the Agony in the Garden until his death, Christ willed to sacrifice the powers he had as God in order to master his human reactions, thus allowing himself the full pain, weakness, and embarrassment (sin still—of course—excepted), which are the lot of a fallen humankind. The "agony of bloody sweat" is often the way this tradition is characterized. Certainly, an involuntary erection is a graphic way to depict his thoroughly human inadequacy—the very explanation which Dr. Steinberg finds appropriate in reference to Jan van Hemessen's portrayal of a penitent St. Jerome. It is not Christ's glory in Resurrection, but his glory in defeat, that the Man of Sorrows pictures celebrate. From this viewpoint, I feel that the symbolism is not interruptive at all.

Only male genitality is presented for celebration. Pages 147-149 offer Renaissance images of naked women (well—naked goddesses), supposedly engaged in exhibiting their sexuality, but in each the genitals either are covered (by a tad of cloth so small as to suggest there is virtually nothing there to cover), or are diminished to the vanishing point. An interesting visual commentary, I think, on sex, which in man (and particularly in God-made man) is witness and testimony, yet in women is not expressed: Double standard perfected. Dr. Steinberg does not note this, nor is it the precise subject-matter of his book. But we who study his superb recovery of the values of naturalistic Renaissance art should recognize the comparative representation of the sexes, and not just unwittingly accept it.

The Sexuality of Christ will be valuable for every school and for family study. "Being flesh" is treated as worthy of reverence.

Early infant Christs were dressed up in resplendent garments to establish divinity. Renaissance infant Christs were nude, even in opulent gatherings of nobles, to establish the full humanization of Man-the-God. Detail here is from Fiorenzo di Lorenzo, *"Madonna and Child with St. Jerome".*

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THE NATURIST NETWORK

SIGs

Your clothes-optional lifestyle will be more complete and satisfying when it includes many of the activities you've enjoyed when clad. Scan the following special interest groups (SIGs) for the concerns which most interest you, and get in touch to learn how you can participate in discussion and events. Many area Groups now have launched SIGs which meet on a regular basis. Whenever you send an inquiry, enclose a stamped, self-addressed envelope (SASE)—and if requested, a donation to get on a regular mailing list.

Artists SIG. *$4/year*
Hugh Kilmer
1205 Bloomfield St.
Hoboken, NJ 07030

Bare Backcountry SIG.
$4/year
Meredith Springer
254 E. 7th St.
New York, NY 10009

Bicycle SIG. *$5/year*
Lewis L. McFarland
5325 S.W. 63rd
Portland, OR 97221

Disabled Naturists SIG.
$5/year
Joshua Tree
P.O. Box 268
Cokedale, CO 81032

Family SIG. *SASE.*
JoAn G. Easton
1 N.E. 115 St.
Miami, FL 33161

Gay & Lesbian Naturists SIG. *SASE*
M. Kaufman
243 West End Ave.
New York, NY 10023

Government Affairs SIG.
SASE.
John Fitz-Gerald
8119-B Carson Ct.
Fort Meade, MD 20755

Hot Springs SIG. *SASE*
Eric Irving
P.O. Box 480740
Los Angeles, CA 90048

Hot Tubs & Spas SIG.
SASE
Mike Hoegee
P.O. Box 855 024
Richardson, TX 75085

Massage SIG. *$8/year*
The Stroking Times
71 W. Sproul Rd.
Springfield, PA 19064

Music SIG. *$4/year*
Barry Plaxen
R.D. 1, Box 294
Bloomingburg, NY 12721

Optimum Lifestyle SIG. *SASE*
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Flint, MI 48504

Ski SIG. *$4/year*
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Bloomingburg, NY 12721

Watersports Scuba SIG. *SASE*
Charlie Kerr
P.O. Box 6812
Stockton, CA 95206

PARTICIPATING AREA GROUPS

These Naturist Groups have a newsletter and ongoing activities, in part conducted on appropriate public lands. To get in touch, send a stamped, self-addressed long envelope and a minimum $1 donation to cover costs of adequately answering your inquiry. It's a good idea to describe your experience and interests.

Listing is by states, and in states in alphasequence.

Desert Bares
1238 W. Carla Vista
Chandler, AZ 85224
(602) 899-0894

Camping Bares of San Diego
P.O. Box 2110
La Jolla, CA 92038
(619) 284-0148

BARE
115 S. Topanga Canyon Blvd., #169
Topanga, CA 90290

Camping Buffs
1025 Jefferson St., Box 211
Santa Clara, CA 95050
(415) 526-8408 (Bay Area)
(408) 294-5256 (San Jose)

Citizens Committee for College Cove
P.O. Box 109
Trinidad, CA 95570

East Bay Naturists
P.O. Box 9875
Berkeley, CA 94709

Au Naturel
P.O. Box 323
Reseda, CA 91335
(213) 437-6388

River Dippers
P.O. Box 2693
Sacramento, CA 95812
(916) 967-9558

Ultimate Living Association
P.O. Box 796
Bloomington, CA 92316

Colorado Naturists
P.O. Box 88
Denver, CO 80201

19th Hole Naturists
P.O. Box 17-082
West Hartford, CT 06117

Key West Naturists
P.O. Box 2114
Key West, FL 33045
(305) 294-8838

Bahia Honda Naturists
% Dick Rudell
P.O. Box 358
Big Pine Key, FL 33043
(305) 872-2641

Everglades Rawhides *(gay)*
P.O. Box 331481
Miami, FL 33233
(305) 233-6217

South Florida Free Beaches
P.O. Box 330902
Coconut Grove, FL 33133
(305) 754-1141

Florida Free Beaches
P.O. Box 6081
Lake Worth, FL 33466
(305) 968-0946

Central Florida Sun Solution
P.O. Box 2924
Ormond Beach, FL 32075
(904) 673-4186

Sanibel Naturists
P.O. Box 6789
Ft. Myers, FL 33911
(813) 939-1784

Tallahassee-Appalachee Naturist Society
P.O. Box 20635
Tallahassee, FL 32316

Tampa Area Naturists
P.O. Box 9103
Largo, FL 33541
(813) 988-1515

Beach Travel Club
P.O. Box 725
Tarpon Springs, FL 33589
(813) 934-5686

Atlanta Naturists
% Storymaker
1083 Austin Ave.
Atlanta, GA 30307

Just Natural
P.O. Box 670
Kealakekua, HI 96750
(808) 328-9357

Chicago Sun Club
P.O. Box 853
Chicago Hts., IL 60411
(312) 758-5496

Kansans for a Natural Society
P.O. Box 1852
Topeka, KS 66601
(913) 232-8071

Patapsco Bares
P.O. Box 313
Ellicott City, MD 21043

Minnesota Naturists
P.O. Box 811
Minneapolis, MN 55440
(612) 823-8291, ext. 217

Flatlands Naturists
P.O. Box 4462
Omaha, NE 68107
(402) 571-6230

Las Vegas Naturists
P.O. Box 70023
Las Vegas, NV 89170
(702) 735-4027

Tri-State Metro Naturists
P.O. Box 1344-CW
New York, NY 10023
(212) 789-0062

Naturist Rochester
237 Vassar St.
Rochester, NY 14607
(716) 244-1219

North Carolina Naturists
P.O. Box 33845
Charlotte, NC 28233
(704) 376-6083

Cincinnatus Gymnosophical Society
8121 Daly Road, Rm B
Cincinnati, OH 45224
(513) 729-5298

Lane County Naturists
2643 Kincaid
Eugene, OR 97405
(503) 683-2147 before 9 p.m.

Central Penn Naturists
P.O. Box 352
Harrisburg, PA 17108

New England Naturists Assn.
P.O. Box 3209, Wayland Sq.
Providence, RI 02906
(401) 724-7873 (RI)
(413) 525-7024 (Western MA)
(617) 787-0677 (Eastern MA)
(203) 453-2004 (CT)
(207) 439-6399 (ME/NH Coast)
(802) 253-7240 (VT)

Naturist Dallas
P.O. Box 855024
Richardson, TX 75085
(214) 495-7898

Naturists of Austin
% B.J. Ferris
1609 Redd St.
Austin, TX 78745
(512) 447-9054

So. Padre Island Naturists
P.O. Box 3085
South Padre Island, TX 78597
(512) 943-3418

Utah Naturists
P.O. Box 9058
Salt Lake City, UT 84109
(801) 278-9740

Chesapeake Naturists
% M. Huffman
P.O. Box 912
Smithfield, VA 23430

Lambda Soleil *(gay)*
P.O. Box 2322
West Springfield, VA 22152-0322
(703) 644-1213

National Capital Naturists
P.O. Box 3122
Fairfax, VA 22038
(703) 777-4611

Northwest Solar Bears
P.O. Box 1783
Auburn, WA 98071

Freedom's Choice
P.O. Box 5607
Spokane, WA 99205
(509) 325-4778

Madison's Badger Naturists
P.O. Box 549
Madison, WI 53701
(608) 256-1021

Fed. Quebecoise de Naturisme
1415 est, rue Jarry, pt 3-37
Montreal, Quebec
Canada H2E 2Z7
(514) 374-4700 #398

Ontario Beachfront
P.O. Box 93
Ajax, Ontario
CANADA L1S 3C2

Adam & Eve Naturist Club
P.O. Box 26148
GR-100 22 Athens, Greece
813-3807 (Tues. & Fri., 7-9 p.m.)

OTHER CONTACTS

Listing is by states, and in states in alphasequence.

Alaska Beachfront
P.O. Box 4-2993
Anchorage, AK 99509

Nudist Information Center
P.O. Box 4830
Long Beach, CA 90804
(213) 435-7990

For Mothers Only
% Linda Schuyten
2483 Emerson Drive
Corona, CA 91720

Chuck Finley
10942 Bloomfield St.
North Hollywood, CA 91602

Tom Kelley
Beachhead Editor
P.O. Box 34764
Los Angeles, CA 90034

Central California Beachfront
P.O. Box 351
Lompoc, CA 93438
(805) 736-5700

Cross Your Heart Support Network
P.O. Box 1729
Santa Cruz, CA 95061

Our Side of the Mountain
421 Laguna Avenue
Crescent City, CA 95531

American Nudist Research Library
4425 S. Pleasant Hill Road
Kissimmee, FL 32741
(305) 348-4874 or 5870

American Sunbathing Association
1703 N. Main St.
Kissimmee, FL 32741
(305) 933-2064

United Free Beaches of Florida
P.O. Box 290432
Temple Terrace, FL 33687
(813) 988-1515

Carl and Vicki Hild
R.R. 1 Box 145
Captain Cook, HI 96704
(808) 328-9458

Dave Billings
550 N. 3rd East, Apt. 2
Mountain Home, ID 83647

North American Naturists
P.O. Box 853
Chicago Heights, IL 60411
(312) 758-5496

Kans-Okie Naturists
P.O. Box 153
Winfield, KS 67156

Cape Cod Free Beaches
P.O. Box 300
Truro, MA 02666
(617) 349-3230

Missouri Stripminers
P.O. Box 78
Wright City, MO 63390

Midwest Naturists
P.O. Box 135
Grandview, MO 64030

West Jersey Naturists
%Al Randal
R.D. 2, Box 532
Pittstown, NJ 08867
(201) 735-8563

Friends of Bagby Hot Springs
182425 S. Elida
Oregon City, OR 97045

Steve Morrison
9815 Presidential Dr. #301
Allison Park, PA 15101

East Penn Naturists
P.O. Box 326
Doylestown, PA 18901
(215) 348-5607

Pennsylvania Naturists
P.O. Box 4755
Philadelphia, PA 19134
(215) 425-3894 (9:30-11:30 pm)

Coastal Plains Beachfront
110 Hope Lane
New Hope Estates
Summerville, SC 29483
(803) 688-4225

The Network
%Veal & Leanna Johnson
14029 Pine Lane
Humble, TX 77396

Altogether Christians
P.O. Box 1
Sheldon, VT 05483

NW Washington Free Beaches
P.O. Box 3141
Bellingham, WA 98227
(206) 734-5813

Free Beaches Documentation Center
P.O. Box 132
Oshkosh, WI 54902

J. Gaston
P.O. Box 8329
St. Thomas, USVI 00801

Judy Williams
Houseboat #16, 4765-47-A-St.
Ladner, British Columbia
Canada V4K 4B9

Wreck Beach/Korky Day
#3, 420 Hawks Ave.
Vancouver, B.C.
CANADA V6A 3H6
(604) 254-4685

Naturist Argentina
% Christian Vogt
Av. Coronel Diaz 2277 — 11.E.
1425 Buenos Aires, ARGENTINA

Brian Clark
P.O. Box N. 455
Nassau, Bahamas

Naturist Brazil
%Hans Frillman
P.O. Box 7550
80000 Curitiba, BRAZIL

Hr. lkt. David Clayre
Danmarksvej 22
DK-7200 Grindsted,
DENMARK
05-321 287

William Holesworth
222 Sandringham Rd.
Cleesthorpes, DN35 9AD
ENGLAND

"Free Sun Europe"
16 Viewbank
Hastings, Sussex TN35 5HB
ENGLAND

PARTICIPATING CLUBS

Following are the landed North American nudist/naturist Clubs that have agreed to "welcome persons carrying the Naturist Society membership card. It is understood that the Club may exercise its normal policies governing gate admissions."

These usual policies, according to Agreements signed with the clubs, do not conflict with the Statement of Naturist Values, which says:

"The Naturist Society does not recognize Groups or Clubs which promise or intend primarily to promote sexual activity, or which practice a policy of exclusion based on race, religion, sexual preference or gender.

"It is acknowledged that single male visitors may be subject to a quota if Club deems this unavoidable. Naturist Society members are advised to phone or write ahead to learn about possible quota limitations.

"Club is expected to offer a day Visitor rate not greater than that extended to non-member Visitors from other nudist/naturist organizations (ASA, NNC, INF). Club shall publish and post a fee schedule which states the favored rate for Naturists. Clubs having a combined rate for couples are expected to accept a 'couple' as defined by the Naturist Society card."

Listing is by states, and in states in alphasequence.

Gymno-Vita Park
P.O. Box 121
Vandiver, AL 35176
(205) 672-7105

Jardin del Sol
Box 581
Marana, AZ 85238
(602) 882-2334

Shangri La Nudist Resort
Box 4343, New River Rte.
Phoenix, AZ 85029
(602) 995-9553

Elysium Fields
814 Robinson Road
Topanga, CA 90290
(213) 455-1000

Glen Eden Sun Club
Rt. 2, Box 523
Corona, CA 91720
(714) 734-4650

Lupin Naturist Club
P.O. Box 1274
Los Gatos, CA 95030
(408) 353-2250

Olive Dell Ranch
Route 1, Box 393
Colton, CA 92324
(714) 825-6619

Swallows Sun Island Club
1631 Harbison Canyon Rd.
El Cajon, CA 92021
(619) 445-3754

Treehouse Fun Ranch
17809 Glen Helen Rd.
Devore, CA 92407
(714) 887-7056

Valley View Hot Springs
P.O. Box 175
Villa Grove, CO 81155

Sunsport Gardens
14125 North Rd.
Loxahatchee, FL 33470
(305) 793-0423

Paradise Lakes Resort
P.O. Box 750
Land O Lakes, FL 33539
(813) 949-1313

North Shore Naturist Park
P.O. Box K
Laie, HI 96762
(808) 486-9001

Blue Lake Club
Box 13
Erie, IL 61250
(309) 659-9297

Sunny Haven Recreation Park
P.O. Box 95
Granger, IN 46530
(219) 277-5356

Tri-State Country Club
R.R. #1, Box 198
Bennington, IN 47011
(812) 427-3914

Cajun Free Bayou
Rte. 6, Box 517
New Iberia, LA 70560
(318) 367-2448

Indian Hills
P.O. Box 52745
New Orleans, LA 70152-2745
(504) 641-9998

Birch Acres
P.O. Box 392
Lanesboro, MA 01237
(413) 738-5968

Sandy Terraces
P.O. Box 835
Hyannis, MA 02601
(617) 428-9209

Stony Acres Club
P.O. Box 235
Assonet, MA 02702
(617) 644-5411

Forest Hills Club
P.O. Box 105
Saranac, MI 48881
(616) 642-9526

Sunshine Gardens Resort
1702 Sunshine Lane
Battle Creek, MI 49017
(616) 962-1600

Hawthorne Lodge
Box 71
Elsberry, MO 63343

Goodland Country Club
P.O. Box 575
Hackettstown, NJ 07840
(201) 850-1300

Empire Haven
R.D. 3, Box 297
Moravia, NY 13118
(315) 497-0135

Full-Tan Sun Club
Rt. 1, Box 34
Sprakers, NY 12166
(518) 673-2886

Paradise Mountain
Box 15, Iron Kettle Rd.
Maryland, NY 12116
(607) 638-9277

SuCasa
Rte 28-A, Box 450
West Hurley, NY 12491
(914) 331-5226

Summit Lodge Resort
26500 Wildcat Rd.
Rockbridge, OH 43149
(614) 385-6822

Restful Haven Health Club
P.O. Box 1147
Portland, OR 97207
(503) 647-2449

Willamettans
P.O. Box 1054
Eugene, OR 97440
(503) 933-9955

Oak-Land Park
P.O. Box 211
Susquehanna, PA 18847
(717) 853-3060

Sunny Rest Lodge
RD 1, Box 95
Palmerton, PA 18071
(215) 377-2911

Timber Trails
RD 4, Box 672
Harrisburg, PA 17112
(717) 599-5727

Dyer Woods
RR 3, Box 189/Johnson Rd.
Foster, RI 02825
(401) 397-3007

Acorn Sun Club
P.O. Box 642
Goliad, TX 77963
(512) 573-2976

Pondarosa Ranch
P.O. Box 133
Wills Point, TX 75169
(214) 873-3311

Bluebonnet
Rt. 1, Box 63
Alvord, TX 76225
(817) 627-2313

Forest Murmurs
P.O. Box 51
Silverdale, WA 98383
(206) 692-7257

Sun Ray Hills
P.O. Box 246
Burlington, WI 53105
(414) 539-2592

Valley View Recreation
Box F
Cambridge, WI 53523
(608) 423-9953

Sunny Chinooks Assoc.
P.O. Box 133, Stat. M
Calgary, ALBTA
CANADA T2P 2H6
(403) 932-5695

Sunny Glades Naturist Park
Box 309
Bothwell, ONT Canada N0P 1C0
(519) 695-3619

Lilly Valley Park
P.O. Box 261/1863 Pettit Rd.
Fort Erie, ONT
CANADA L2A 5M9
(416) 871-4208

Lakesun Club
RR 1
Perth Rd., ONT
CANADA KOH 210
(613) 353-2463

Toronto Helios Society
RR 1
Sharon, ONT
CANADA L0G 1V0
(416) 473-2462

Green Haven
P.O. Box 3374
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CANADA, S4P 3H1
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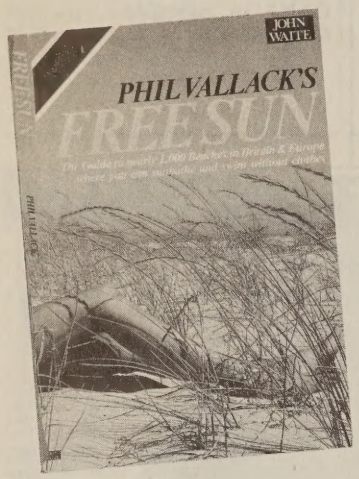

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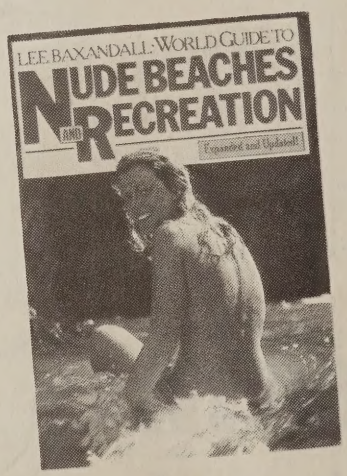

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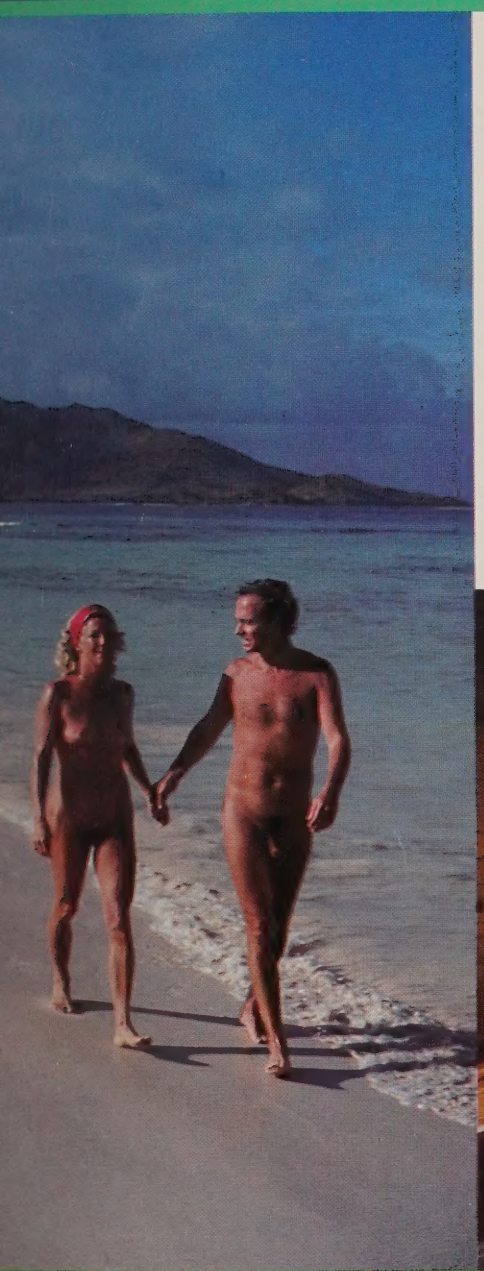

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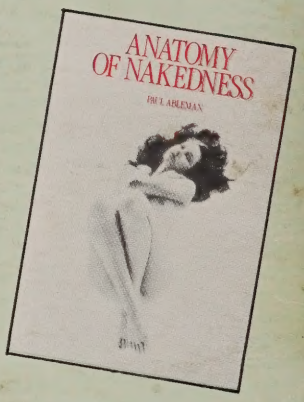

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NATURISTS (R. Crumb, elder nimbly hopping). Navy on Blue: XL, L, M, S.